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**LIBERALS'
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High school students fight for yoga pants

- Students launch Facebook campaign, hard-copy petition
- Teachers also wear Lululemons at school, student says



**JESSICA
SMITH**
@METRONEWS.CA

Students at St. Joseph High School say their school's rule on yoga pants is just too restrictive.

So they're standing up to the school administration by signing a "Save our Lulus" petition.

"I got stopped by two different principals yesterday," said Grade 11 student Sabrina Ielo. "I got mad. I just think it's ridiculous we can't wear Lululemons — they're just pants."

The school administrators told her that if she didn't cover up, she'd get detention next time, said Ielo. She wasn't the only one

— several girls have been talked to or disciplined recently, she said.

The school dress code has said that students also can't wear ripped jeans, leggings or jeggings (leggings that look like jeans) for years, but it's being enforced now, said Ielo.

Mardi de Kemp, communications officer for the Ottawa Catholic School Board said there is no ban on form-fitting pants, but they are only allowed "as long as a shirt or other top covers the revealing portion of the pants."

"I feel that we should be paying more attention to our learning abilities and what we learn

"Yoga pants, to most teachers, are a problem because they think they're too revealing, from the front and the back."

GRADE 11 STUDENT SABRINA IELO

in class but I feel like that faculty at my school is paying more attention to what the girls are wearing," Ielo said.

• WITH FILES FROM JOE LOFARO



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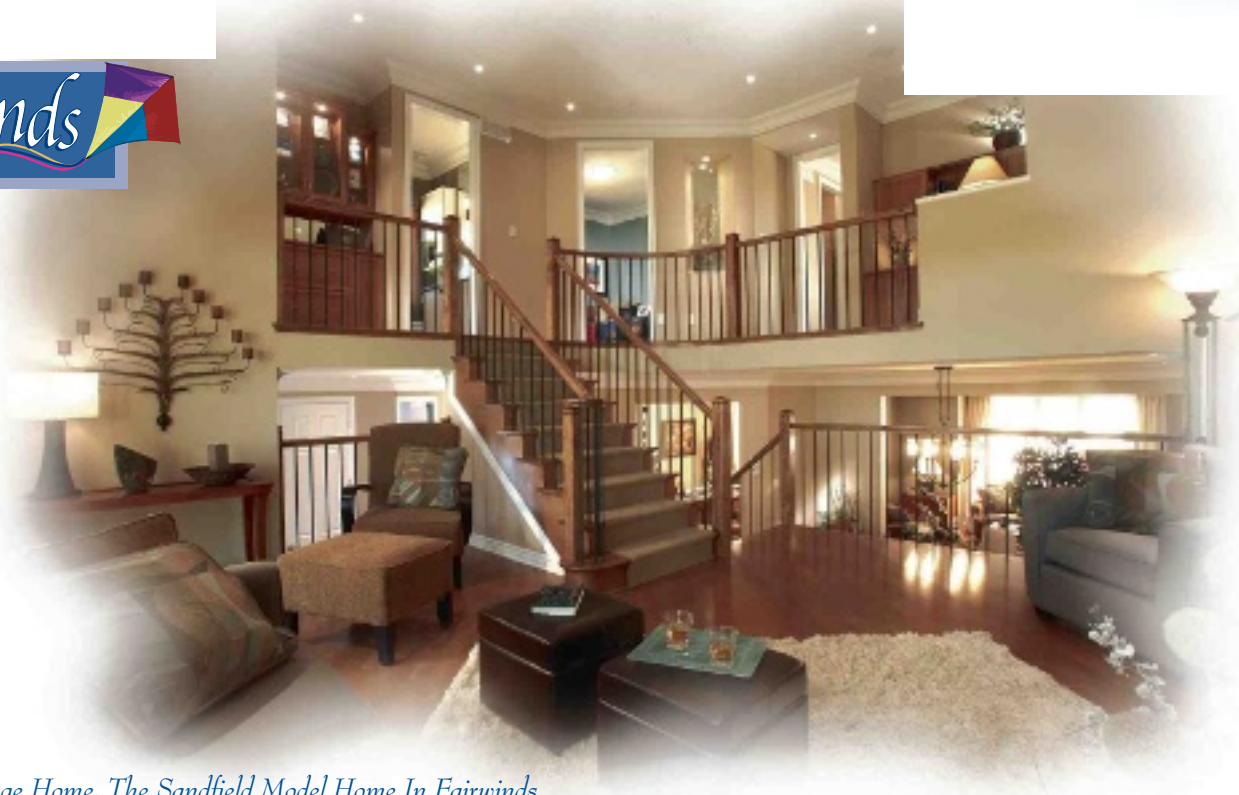
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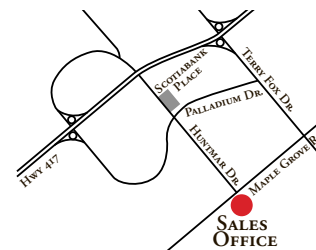


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Infrastructure plan in the works: Minister

The federal government is working on a long-term infrastructure plan beyond the Building Canada Plan, which expires in 2014.

Denis Lebel, minister of Transport, Infrastructure and Communities, made the announcement yesterday at the construction site of the Strandherd-Armstrong bridge in Ottawa.

Gloucester-South Ne-

pean Coun. Steve Desroches said the Strandherd-Armstrong bridge is an example of the collaboration needed to create more local jobs — because all three levels of government contributed to building the \$102 million bridge, which 500 local workers are set to finish building by late 2012.

The announcement

came as mayors from across Canada are in downtown Ottawa for the second day of the annual Advocacy Meetings.

Lebel said the federal government will continue to deliver infrastructure investments through the \$33-billion Building Canada Plan as it develops the new plan.

JOE LOFARO



► Officials pose for a photo by the Strandherd-Armstrong bridge yesterday.

Budget passes without dissent

► Mayor says theme of 2012 budget was 'listening' ► \$5.5 million to OC Transpo adds 66,000 service hours

JESSICA SMITH
@METRONEWS.CA

City council approved the 2012 capital and operating budgets yesterday.

The budget approval came after councillors voted to adopt a procedural motion to limit the spending to what was already contained in the draft budget. The motion mandated that all changes made require funding offset by cuts made elsewhere.

Mayor Jim Watson said he doesn't know of any other municipality that has ever put a similar restriction on the budget process.

The procedural motion meant that when Innes Coun. Rainer Bloess tried to pass a motion to increase OC Transpo's budget to ease overcrowding, Wat-

Increases

- The 2012 operating budget is \$2.5 billion, and the capital budget is \$850.8 million
- The property-tax increase is 2.39 per cent, which is \$75 for the owner of an average home assessed at \$304,800
- \$340 million will be spent on roads, cycling infrastructure and sidewalks under the Ottawa on the Move program, \$125 million of which will be borrowed
- Transit fares are increasing 2.5 per cent
- University student U-Pass price will be \$180, if students vote to keep the program

son ruled it out of order.

Bloess voted for the procedural motion at the time, but said that he



► Mayor Jim Watson speaks to reporters at city hall yesterday.

would not do that again next year.

"I think it ties your hands too much — it really takes away your flexibility

at budget time," he said.

Watson argues that the procedural motion kept taxes down.

"I wasn't elected to

bring in a tax increase higher than 2.5 per cent," said Watson, referring to his campaign promise on property tax.



Google executive chairman Eric Schmidt says Congress is taking the wrong approach to fighting online piracy. Scan the code for the story.

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On the web



We'll always have Movember: MPs put aside partisan differences to model their charity moustaches. Video at metronews.ca

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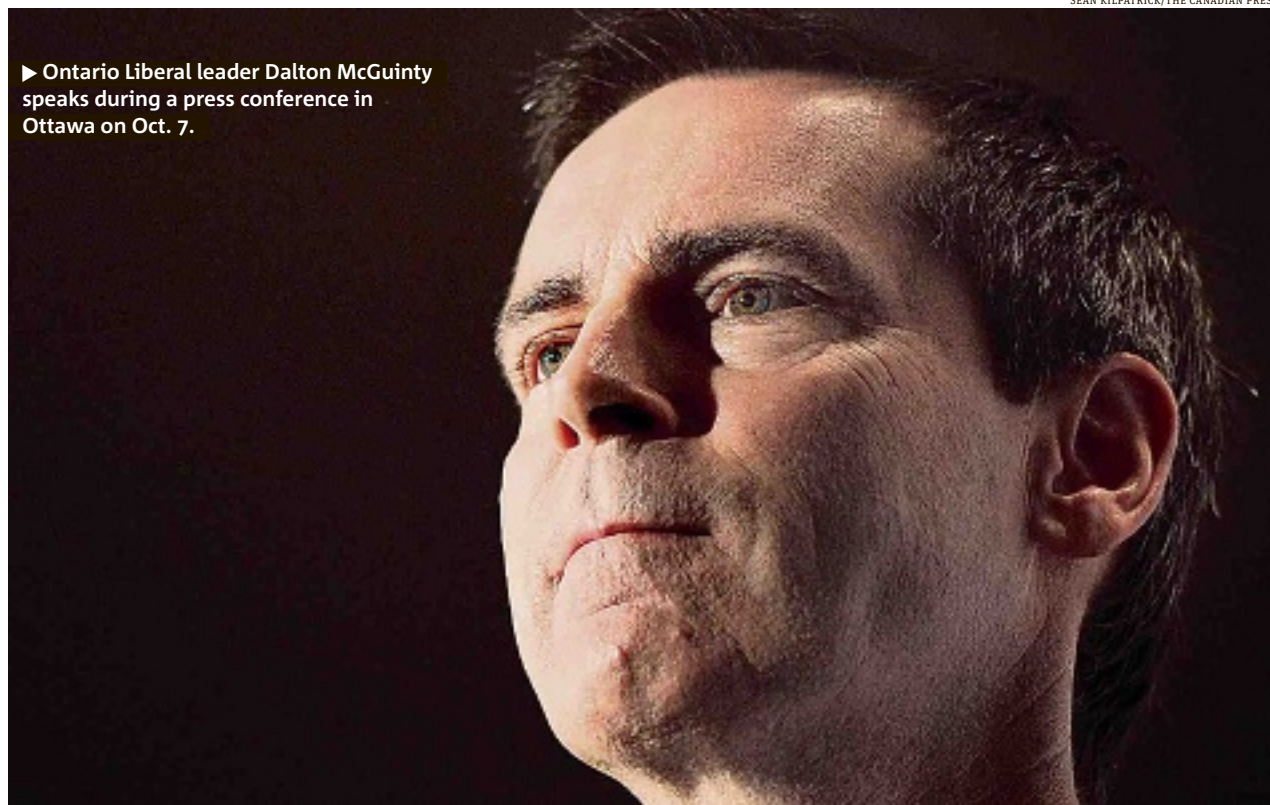
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New Liberal legislation gets tough on bullies

► Premier McGuinty says recent suicides of gay teens who were bullied, including Ottawa's Jamie Hubley, were on his mind as new bill drafted

► Ontario Liberal leader Dalton McGuinty speaks during a press conference in Ottawa on Oct. 7.

SEAN KILPATRICK/THE CANADIAN PRESS



Schools will be able to permanently expel students for bullying under new anti-bullying legislation, Premier Dalton McGuinty said yesterday.

The legislation will mean students can set up gay-straight clubs to promote tolerance in all public schools, McGuinty said after visiting students at L'Amoreaux Collegiate Institute in north Toronto.

Some Catholic schools have banned gay-straight

alliances, but McGuinty said the bill specifically allows the groups.

"We're going to require that, at every school where students request that this be put in place, they be permitted to organize themselves with a gay-straight alliance," McGuinty told the legislature.

The bill will also require that schools take action to prevent bullying, intervene when appropri-

"This is a way to draw what painful lessons we might from those terrible tragedies, and to give some meaning to those tragedies, by taking concrete steps to make our schools safer for all our kids."

PREMIER DALTON MCGUINTY

ate and punish offenders.

The Progressive Conservatives introduced their own anti-bullying bill yesterday, which Tory education critic Elizabeth Witmer said calls for anti-bullying awareness campaigns at all grade levels.

McGuinty suggested the minority Liberal government was open to incorporating some of Witmer's legislation into its own anti-bullying bill.

THE CANADIAN PRESS

Anti-bullying bill a good start, dad says

The father of a bullied teen who killed himself this fall says the provincial government's proposed new anti-bullying legislation is a good start.

"It's a good first step, but more needs to be done," said city Coun. Allan Hubley, whose son Jamie Hubley took his own life in October. "It's a tribute to Jamie.... The premier and others want to change things because of what happened to my boy."

Hubley has been working with Liberal MPP Yassir Naqvi and PC MPP Lisa MacLeod. Hubley is hoping to have a bipartisan anti-bullying effort announced in February.

"We need to have more in the schools, ways to protect kids who are being bullied," he said. "And what are we going to do with the kids who are bullying? Why are they bullying?"



► Allan Hubley and his son Jamie at city hall in October.

"The best tribute they can pay to Jamie is that he's the last one that this happens to."

ALLEN HUBLEY, FATHER OF BULLIED TEEN, JAMIE HUBLEY

Hubley said he'd like to see a preventative approach, which may mean police or the Children's Aid Society are involved in bullies' lives before they take their problems out on other kids. He would also like to see teachers stepping in when bullying occurs.

● JESSICA SMITH

MONITORING

Schools must follow anti-bullying laws: Expert

Even if the province passes enhanced anti-bullying legislation to keep students safer in schools, there needs to be monitoring of the laws to ensure administrators follow them, says a University of Ottawa bullying expert.

"There needs to be some sort of mechanism

whereby those who don't comply, there are consequences for them as well," said Tracy Vaillancourt, Canada Research Chair in Children's Mental Health and Violence Prevention at the University of Ottawa.

The question of who would monitor everything poses another challenge, though. "Maybe a third-party watchdog. I really don't know," said Vaillancourt.

Vaillancourt said she would like to see studies done to learn if strict laws actually result in less bullying.

● JOE LOFARO

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AG backs Beau's

► Home delivery of microbrew could resume soon: Province



JOE LOFARO
@METRONEWS.CA

The province is one step closer to resurrecting Beau's All Natural Brewing Co.'s home-delivery service after promising to tweak Ontario's liquor laws.

John Gerresten, the provincial attorney general, said in question period yesterday that the govern-

"We hope that we can see a change ... mostly to benefit the youth here that we would be hiring."

JAMIE HAMMOND, OCH COMMUNICATIONS OFFICER

ment intends to resolve the issue as soon as possible.

Beau's had partnered with Operation Come Home — a charity that helps homeless youth find work — before the service was cancelled on the first day of operations on Nov.

24. A \$15 delivery fee was to support OCH, and part of the fee went to the youth hired to drive the van.

"I'm incredibly encouraged by the response in question period," brewery co-founder Steve Beauchesne said.



► Steve Beauchesne

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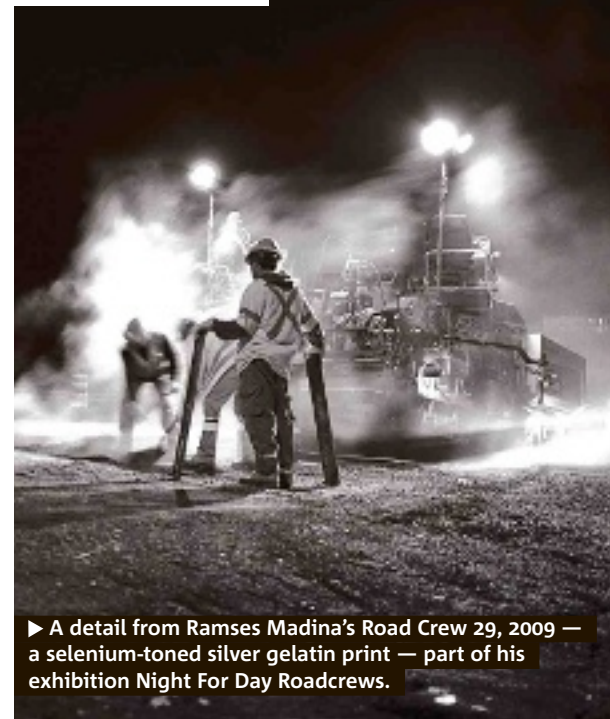
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Photo. Exhibition



► A detail from Ramses Madina's Road Crew 29, 2009 — a selenium-toned silver gelatin print — part of his exhibition Night For Day Roadcrews.

RAMSES MADINA/CONTRIBUTED

They toil by night

Ottawa photographer Ramses Madina will speak at the Ottawa City Hall Art Gallery on Sunday at 2 p.m. about his exhibition Night for Day Roadcrews, a series of dramatic black-and-white photographs taken of road crews working the night shift. The exhibition, open daily from 9 a.m. to 6 p.m., runs through Jan. 8.

Surgeon honoured for work on spinal cord injuries

25 Women of Influence are chosen from the fields of business, health sciences, non-governmental organizations, professional services and the public sector.

A local doctor has been named one of Canada's Top 25 Women of Influence for her work as a neurosurgeon at the Ottawa Hospital.

Women of Influence Magazine called Dr. Eve Tsai "Ottawa's best-kept secret and the most influential woman you've yet to meet."

Tsai specializes in complex surgeries, such as removing spinal tumours and treating spinal cord injury. She works in the field of regenerative medicine, investigating stem cells and using nanotechnology and tissue engineering in an effort to find a method to repair the spinal cord after an injury.

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AIDS awareness

“It’s for awareness and to bring together the corporate, political and HIV community on World AIDS Day to talk about the

importance of all the work we have to do with HIV and AIDS as well as an important fundraiser for us,” the society’s executive director said. “It’s our largest fundraising event.”

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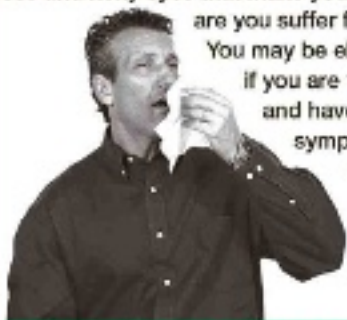
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▶ Trinity-Spadina MP Olivia Chow speaks at the 2011 Canadian AIDS Society World AIDS Day Gala.

AIDS society to honour Layton

- ▶ Canadian AIDS Society marks its 25th anniversary
- ▶ It has been 30 years since the first HIV diagnosis

World AIDS DAY '11



Former NDP leader Jack Layton will be honoured with a special lifetime achievement award tonight at the Canadian AIDS Society World AIDS Day Gala.

Trinity-Spadina MP Olivia Chow will accept

the award on behalf of her late husband, in addition to her duties as the evening's celebrity auctioneer.

“Mr. Layton has been a champion for HIV and AIDS from the very, very early days when he was a city councillor in Toronto, standing up against raids on bathhouses, making sure that he was very present at every opportunity for HIV and AIDS

events, and speaking to the importance of funding for the HIV and AIDS community,” said Monique Doolittle-Romas, the society's executive director.

The CAS will award this year's Corporate Leadership Award to Toronto ad firm John St and offer a preview of a documentary on HIV, the Reignite Project, with its producer Paul Saltzman. ● STEVE COLLINS

“He attended every Pride event in Toronto that he could possibly attend. He was very present at all of our events and, most importantly, he spoke to the issues that face people that are living with HIV and AIDS and the social determinants of health, and truly understood all of the barriers that people face, and was a real champion. I think it's very appropriate that the board would award this special presentation to him.”

MONIQUE DOOLITTLE-ROMAS ON JACK LAYTON

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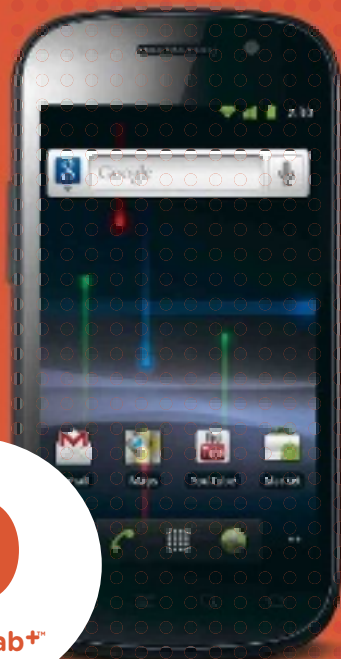


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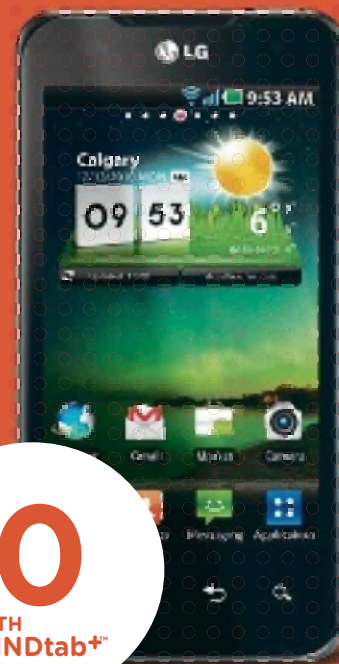
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Suspect charged in theft of donations

► Tips from the public lead to arrest: Cops ► CHEO theft comes after other charity-donation boxes stolen

Ottawa police have charged a 45-year-old Ottawa man in the theft of a box of donations intended for the Children's Hospital of Eastern Ontario (CHEO).

Police say the box was stolen on Saturday Nov. 5 from McDaniels Independent Grocer on Grant Car-

man Drive in Nepean.

West District investigators credit tips from the public for helping to identify the suspect, who has also been charged in four other unrelated thefts.

Leigh Todd Graveline is charged with five counts of theft under \$5000.

CHEO isn't the only victim of donation-box theft. During the Royal Canadian Legion's poppy drive, donations were reported stolen in other Ontario cities — including London, Hamilton, Toronto and North Bay.

● STEVE COLLINS



Showing of their Movember 'staches

Councillors Tim Tierney, David Chernushenko and Keith Egli showed off their Movember 'staches in an online video made by the mayor's press secretary Bruce Graham. Movember is a fundraiser for men's health issues and ended yesterday.

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► AIDS was the major domestic public-health crisis of the '80s and '90s ► More recently, as medical research has provided longer and better lives to sufferers, the disease is no longer seen in this country as a certain death sentence ► Today, World AIDS Day, Metro takes stock of how far — and in what direction — we've come

HIV up among women, youth

World
AIDS
Day '11



Men may make up the largest group of new HIV infections in Canada, but recent findings point to new demographics whose infection rates are on the rise: youth and women.

Thirty per cent of females diagnosed with HIV are between the ages of 15-19, up 16 per cent from 1996, says a report by the Public Health Agency in Canada.

Since 1985, youth between the ages of 15-29 have accounted for 26.5 per cent of new HIV cases.

These numbers prompted the Canadian AIDS Society to launch a month-long awareness campaign, called Get Out And Do Something, which targets youth.

"It was designed for youth because we are seeing a complacency," said Monique Doolittle-Ramas, executive director of the Canadian AIDS Society.

She said part of the problem is that the issue isn't in their face.

"You can't look at somebody and say, 'This person

"(Many youth) actually thought the (AIDS) treatment was a cure."

MONIQUE DOOLITTLE-RAMAS,
EXECUTIVE DIRECTOR OF CANADIAN AIDS SOCIETY

has HIV.' (But) it's in every community, every neighbourhood."

Doolittle-Ramas said many people don't realize that women represented 26 per cent of positive HIV tests in 2008.

Despite that, young girls are often schooled to use condoms to prevent pregnancy and STIs but not necessarily HIV.

"We need to be comfortable having that discussion and I'm not sure we are," she said.

Andre Ceranto, a co-ordinator at AIDS Committee of Toronto (ACT), said some women are contracting the illness from their monogamous partners.

"Asking serious questions such as 'Have you been tested for HIV?' remains a taboo subject even in relationships," he said.

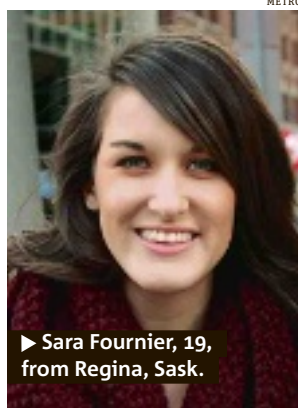
Dr. Even Wood, co-director of the Addiction and Urban Health Research

Initiative at the B.C. Centre for Excellence in HIV/AIDS, says Canada's drug laws are fuelling an increase of HIV transmission among young women. "(Jail) ... drives vulnerable groups to the margins of society, where HIV is more likely to spread," he said.

Doolittle-Ramas said she doesn't think Canadians realize that 65,000 people in this country are living with HIV/AIDS. "It's a discussion we have to have," she said. "Unfortunately it does not lead in media stories any longer, so we have a big job to get the information out."

● KENDRA WONG IN VANCOUVER

More on World AIDS Day
{pages 14, 15 & 16}



► Sara Fournier, 19, from Regina, Sask.

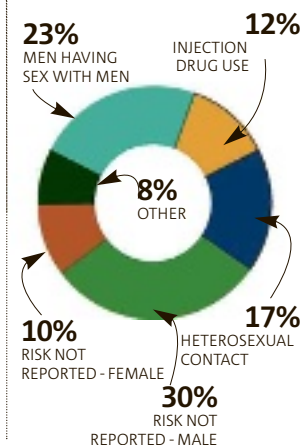
Distinction

► **HIV.** Human immunodeficiency virus is transmitted through sexual fluids or blood. The virus affects the immune system and inhibits its ability to fight off infection. HIV can develop into AIDS within an average of ten years.

► **AIDS.** Acquired immune deficiency syndrome is diagnosed when a person's white-blood-cell count drops below 200 (the average is between 600 and 1,200). The immune system becomes severely weakened and is no longer able to fight off infection.

Risk analysis

Among those who have tested positive for HIV in Canada, the following behaviours were reported:



Impact on promiscuity

"I definitely think it has an impact on promiscuity. All of the social media that's available to us is very sexual and, I mean, sex sells and that is what we're all used to. "It's definitely not OK that sex sells and it's sad

that's where our society is going to. I definitely think it has an impact on AIDS because social media doesn't give you any sort of alternative. It doesn't educate you on anything other than, this is sexuality and it's out there, and it doesn't give you any sort of education on contraceptives." ● METRO

Your tweets

Are today's youth better or worse educated on HIV? Does online access influence that?

► @SueNDN: not educated enough!! talked to a public health nurse who said 5 diagnoses were made in one wk w teens and hiv :(

► SurviveNGrind courtney smith: @metrotoronto I find that the internet doesn't censor certain things and gives negative exposure to the youth, a lot of access to porn i.e

Does where people meet these days have any bearing on safe sex (stranger in a bar vs. a stranger online)?

► @donnaeallott: @metrotoronto I think ppl think the internet dating scene is safe, some ppl talk for weeks b4 meeting in real life so they think it's safer.

► What has changed with regard to HIV-AIDS in the last 20 years? Perceptions, prevention or other? Let us know what you think!

► @Sarbz8: Magic Johnson has the cure but he doesn't want to share.

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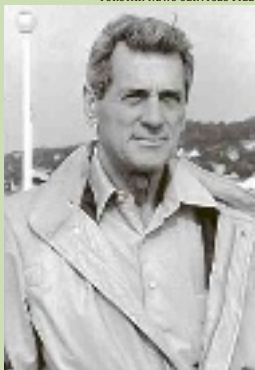
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TORSTAR NEWS SERVICES FILE



1985: Death of Rock Hudson

The '50s matinee idol's AIDS-related death in October 1985 was a seismic moment in the disease's history, prompting the public to rethink knee-jerk reactions that had characterized AIDS sufferers as deviants. Donations to research efforts flourished in the wake of the actor's death.

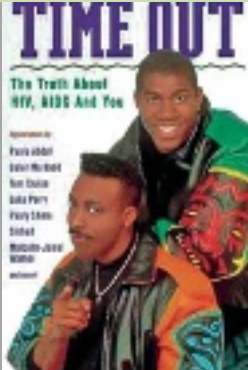
FRANK MICELOTTA/GETTY IMAGES



1991: Salt-N-Pepa "Let's Talk About Sex"/"Let's talk about AIDS"

S-n-P's mega-hit (and alternate version, which more directly addressed the pandemic) is a mark of AIDS' destigmatization in the mainstream. To the kids doing the running man to this track at middle-school dances, AIDS was everyone's problem, not just a gay problem.

IMDB.COM



1992: Magic's crusade

It would be hard to name an organization with more youth cachet circa 1991 than the NBA, and it would be even harder to name a man more widely loved than Magic Johnson. The HIV-positive superstar played on the Dream Team, stayed cool with Arsenio and has since proved that life after diagnosis can be long and rich.

REED SAXON/THE ASSOCIATED PRESS



1994: Tom Hanks wins Oscar for Philadelphia

Perhaps unsurprisingly it took almost 15 years for Hollywood to provide its mass audience with a sympathetic portrait of a well-to-do white man with AIDS. It's also instructive to consider how resolutely this narrative — that of the AIDS sufferer's stoic reckoning with a death sentence — has been abandoned.

MELINDA SUE GORDON/SMPSP



2004: Team America: World Police

Cut to 10 years later: the South Park guys score a hit with Everyone Has AIDS, a musical mockery of the solemnity of Rent, which debuted on Broadway in the mid-'90s. Back then, the song would have been seen as malicious; in the mid-aughts, tellingly, it was merely irreverent.

● METRO



To complete an online quiz and to read about the frontline battle in Peru against the killer disease, visit metronews.ca/AIDSday

For a full list of AIDS Day-related events across Canada, visit worldaids.ca

For more on World AIDS Day go to {Pages 15 & 16}

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Bruce, 46. Born and raised in St. Catharines, Ont.

On the face of HIV: "It was considered a gay disease. (Now) it's all walks of life. It could be your cousin, it could be your grandmother."



Cindy, 43. Born and raised in Toronto.

On HIV in her life: "My best friend in the whole world — we didn't talk again because she wouldn't let me hold her baby when it was born.... It impacted all of my decisions."



James, 57. Born and raised in Cape Breton.

On his buying habits these days: "I went to ask my doctor, and he said, 'You're not going to die of AIDS, you'll die of old age.' So I went out and I bought the (photo) enlarger."

The Face of HIV in Canada

One was a paediatric nurse; another a tradeshow exhibitor; another a musician and actor. Some are straight, some gay, some educated professionals; another was a runaway who lived many early years on the streets. Together, they represent the face of HIV — diverse in gender, sexuality, profession and upbringing.

In the leadup to World AIDS Day, Metro visited Toronto's Casey House. Once considered a hospice for those with AIDS to go in their final days, it's now a growing outreach centre as people living with HIV are living longer than ever.

Here we share some of their stories and important messages in this new age of HIV treatment.

For more photos and full profiles, go to metronews.ca/AIDSday. For more of Metro's coverage of World AIDS Day, see page 16.

TEXT EVA SALINAS PHOTOS CHRISTIAN PEÑA



Kenneth, 51. Born and raised in Hong Kong, moved to Winnipeg at 16 on a student visa.
On prejudice: "I was bullied once — they called me a chink. Now people judge me because I'm blind. We adapt."



Kevin, 48. Born and Raised on St. Joseph's Island, northern Ontario.
On medication: "You remember how fragile you are as a human being every time you pop those pills."



Tonie, 48. Born in Alberta but adopted by a family in the U.S., where she grew up.
On HIV: "I wouldn't wish this on anybody. I would wake up and think, 'What, am I going to die this year?'"



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THURSDAY, DECEMBER 1, 2011

A POSITIVE OUTLOOK

MEMOIR

CHRISTOPHER WILSON
FOR METRO



July 2002: I was diagnosed as HIV-positive at age 28. I remember clearly when the nurse at the Hassle Free Clinic in Toronto asked me how I was feeling after he spoke the words. I replied, "Shocked. Yeah, shocked." I knew that I had been with a positive partner in the past and that not all of our sexual practices had been safe. I had sincerely hoped not to keep a souvenir from that relationship.

I was terrified, and within an hour of leaving

the clinic I found myself in the fetal position on a downtown sidewalk — in broad daylight — sobbing. Strangers stopped to see if I was all right, but their kind faces from that day remain an emotional blur in my consciousness. I eventually met my now ex-husband. He entered our relationship HIV-negative and remained so for the time we were together.

Four years ago, my doctor informed me that it was time to begin anti-retroviral treatment. I became angry and resentful, not wanting to admit to myself that I would now be reliant on drugs to survive. I didn't take his advice and later contracted an AIDS-related form of pneumonia that nearly killed me.

December 2012: I'm living vibrantly with HIV. The virus is certainly a part of my life, but it in

no way defines who I am. I'm now divorced; my ex-husband could not ultimately negotiate this "thing" living inside of me.

I date casually, though I occasionally struggle with disclosure issues and potential rejection with HIV-negative men. But, in all honesty, I walk each day with the intention of finding the positive in being positive.

Living with HIV can certainly be complicated, but I have learned that even the most seemingly insurmountable obstacles can be overcome.

Christopher Wilson is the writer-composer of the new musical drama Living With Henry, which explores his life experiences and seeks to educate, inform and inspire others. It premiered at this year's Toronto Fringe Festival.

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Teen feared she would be killed, court told

► Shafia trial resumes Monday with prosecution's last witness, a cultural expert on so-called honour killings

A Montreal teenager was convinced her Muslim parents would kill her if they found out she was dating, her drowning trial heard yesterday.

Still, Sahar Shafia, 17, took the risk because she felt so strongly about her boyfriend, Ricardo Ruano, his aunt Erma Diaz Medina testified.

"She told me she would be a dead woman if her parents learned she was going out with Ricardo," Medina told court.

Medina said Shafia was absolutely serious about the threat, and mentioned it in conversation several times.

Shafia and Ruano, who is now 23, began their relationship in early 2009 and it quickly grew intense.



► Sahar Shafia in a photo released by the court.

The couple even talked about getting married and going to his native Honduras to escape her family, which had immigrated from Afghanistan, court heard.

"She loved Ricardo," Medina told the seven-

woman, five-man jury.

"She told me that she would love him till death."

Two months after that conversation, Shafia was dead, her cellphone full of innocent-looking pictures of the doting couple.

Shafia, along with her two sisters Geeti, 13, and Zainab, 19, were found drowned along with their father's first wife, Rona Amir Mohammad, 52, on June 30, 2009, inside a car in a canal near Kingston, Ont.

Shafia's father, Afghan businessman Mohammad Shafia, 58, second wife, Tooba Yahya, 41, and their son Hamed, 20, have pleaded not guilty to first-degree murder in the deaths.

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News in brief

Reserve loses control of cash

CRISIS. The federal government is taking control of public funding out of the hands of a Northern Ontario reserve grappling with a severe housing shortage.

Aboriginal Affairs Minister John Duncan says he's also ordering an audit to find out where \$90 million in federal money spent in Attawapiskat has gone over the last five years.

THE CANADIAN PRESS

42 dogs freed at puppy mill

CITIZEN'S TIP. Officials say 42 dogs have been rescued from a puppy mill in a community east of Woodstock, Ont., after an anonymous tip.

The Ontario SPCA says dogs were found living in houses too small for them in Creditville.

Dogs were tied to walls with very short leashes or left outside with no shelter.

THE CANADIAN PRESS

Teen charged in BBQ dine and dash

FOOD'S UP. A Halifax teen was apparently in need of a hearty meal when he allegedly broke into a home early yesterday and fired up the grill.

Police say a Fairview resident awoke to flames near his garage.

He discovered the barbecue and burning ribs stolen from a freezer in his garage.

An 18-year-old was found hiding nearby. He faces charges including break and enter, theft, possession of stolen property and carrying a concealed weapon. ● METRO

Was she a loving spy?

► Were Tories asleep at the wheel? ► Ex-China spy says they erred over MP's relations with Chinese scribe

INTERNET PHOTO/TORSTAR NEWS SERVICE



► Xinhua reporter Shi Rong received flirty emails from MP Bob Dechert.

A defector from China's spy service has sent a security warning to Ottawa.

Li Fengzhi says the Conservatives should have been more concerned when one of their MPs was exposed having a relationship with a reporter for China's state news agency.

Li, a former agent with China's Ministry of State Security, says politicians such as Foreign Affairs parliamentary secretary Bob Dechert are a top target of Chinese spies.

Dechert's affair with Toronto-based Xinhua reporter Shi Rong was revealed when someone hijacked her e-mail account and forwarded intimate messages she received from the Mississauga politician last year. The leak was traced back

to an apparent domestic dispute with her husband.

Li said it's not possible to say with certainty that Shi sent intelligence back to Beijing, but the act of striking up a relationship with an elected official fits

the modus operandi of Chinese spies.

"That's the normal way to get the job done," said Li.

He defected to the U.S. in 2003 and is now believed to be working for

Love and risks

► Despite his declarations of "love" for the reporter, the married Dechert said that their relationship was merely "flirtatious."

► Shi was called back to China when the relationship hit the news. And that is just another reason to be suspicious, Li Fengzhi said.

► "If the lady was called back to China very soon, I think it's possible she has some relationship with the security services — even if she's not an official agent of the Chinese security services," he said.

the Central Intelligence Agency. He was speaking to a high-level Gattineau conference on espionage through video link. For security reasons, his location was not disclosed.

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I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
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► British police officers stand guard outside the Iranian Embassy in London yesterday. Britain's foreign secretary ordered Iranian diplomats out of the U.K. following attacks on the British embassy and a residential compound in Tehran.



IRAN'S DIPLOMATS BOOTED

Britain yesterday ordered Iran to remove all its diplomats from the U.K. within 48 hours following attacks on its embassy and a residential compound in Tehran — one of the most significant diplomatic retaliations against Iran since the 1979 U.S. embassy crisis.

Foreign Secretary William Hague told the House of Commons that Britain had also withdrawn its entire

diplomatic staff from Iran after angry mobs hauled down Union Jack flags, torched a vehicle and tossed looted documents through windows.

The rare move to kick out a country's entire diplomatic corps marks a significant souring of ties between Iran and the West, amid deepening suspicions over Tehran's pursuit of nuclear weapons.

THE ASSOCIATED PRESS

Outrage floods Britain

► Country's largest strike in over 3 decades ► 2M public-sector staff stop working ► State-run schools close ► Non-urgent hospital operations halted

Paramedics, emergency crews, teachers and even some employees from the prime minister's office took to the streets of Britain for the country's largest strike in decades — drawing attention to government cuts but failing to bring the nation to a standstill.

Public sector employees staged the one-day walkout Wednesday over government demands that they work longer before receiving a pension and pay more in monthly contributions, part of austerity measures to tackle Britain's \$1.5 trillion debt.

The strike came a day after the government announced that public sector pay raises will be limited to 1 per cent through 2014 — even as inflation now runs about 5 per cent.



► An anti-corporate protester dressed as a police officer mocks real British police officers in central London yesterday.

Prime Minister David Cameron defended the government's stance in Parliament, insisting that "as people live longer it's only right and only fair that you should make greater contributions."

"I don't want to see any strikes, I don't want to see schools closed, I don't want to see problems at our borders, but this government must make responsible decisions," Cameron told the House of Commons.

Treasury Chief George Osborne insists public pensions must be reformed. A government report suggests the gap between contributions and payments could rise to \$14 billion by 2015. THE ASSOCIATED PRESS

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Access to U.S. cash made easier for banks

► Temporary dollar loans to reduce by half a percentage point next Monday ► Stocks surged when announced

The Bank of Canada and five other central banks have launched a pre-emptive strike in an attempt to ward off a new global credit crunch and a possible new global recession.

The European Central Bank, the U.S. Federal Reserve, the Bank of England and the central banks of Canada, Japan and Switzerland said yesterday they will make it cheaper for banks to access U.S. dollars.

The measure to reduce costs and access to U.S. dollars — thereby boosting liquidity and loan activity — was meant as a signal to markets that policy-makers are prepared to intervene aggressively at the first sign of trouble, said analysts. But it does not resolve the issue of sovereign debt in

Europe and the solvency of European banks with billions of euros in government bonds on their books, they added.

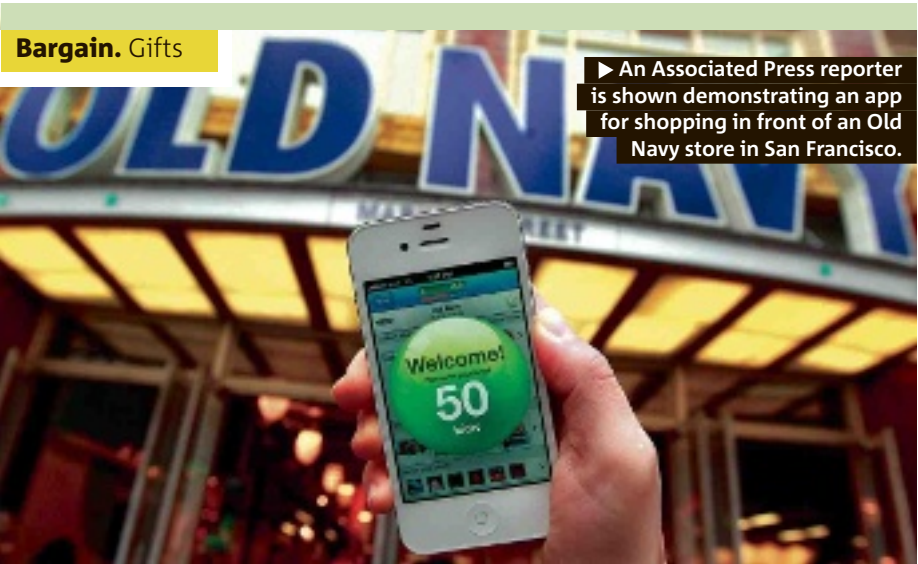
Finance Minister Jim Flaherty called the co-operation a “positive” indicator. “One of the things that we see when there’s a great deal of uncertainty is a tightening of credit and that has been a challenge particularly with respect to U.S. dollars and some of the European financial institutions. This is a step forward,” he told reporters.

Flaherty reiterated that Europe is rich enough to help itself and should not rely on the International Monetary Fund, often called the bank of last resort for the poorest nations. Analysts said European

Market moment

TSX ↑ + 471.67 (12,204.17)	Dollar ↑ + 0.95¢ (98.01¢ US)
Oil ↑ + 57¢ US (\$100.36 US)	Natural gas ↓ \$3.550 US (- 8.3¢) Gold ↑ \$1,750.30 US (+ \$31.40 US)

THE CANADIAN PRESS



Smart giving with a smartphone

If you're trying to save cash and time this holiday season, a slew of smartphone apps can help.

Export boost temporary: Analysts

Surging exports helped revive Canada's economy in

the third quarter after an unexpected spring swoon that appears to have been attributable to temporary factors. The real gross domestic product expanded by a 3.5 per cent in the

July-September period. The big lift came from exports, which grew 14 per cent during the quarter, contributing about five percentage points to overall GDP. **THE CANADIAN PRESS**

CULTURAL SENSITIVITY

UAE Puma sneakers pulled

Athletic apparel maker Puma has pulled a line of shoes decked out in the colours of the United Arab Emirates flag following criticism that the sneakers were disrespectful.

The German company confirmed yesterday that it has ordered the shoes

in the national colours of red, white, black and green off store shelves in Dubai and other Emirati cities. Puma says it is sorry for any trouble caused and “never intended to upset or offend” customers in the Middle East.

Puma launched the limited-edition shoes to celebrate the 40th anniversary of the UAE. Shoes are considered dirty and showing the soles of one's shoes is considered disrespectful throughout the Arab world. **THE ASSOCIATED PRESS**

Cash, perks for UAE workers

The United Arab Emirates is boosting government salaries and offering citizens other perks to mark the country's 40th anniversary. The federation's president, Sheik Khalifa bin Zayed Al Nahyan, announced yesterday that public sec-

tor workers will get raises of 35 per cent or more starting in January. Some employees will see their base salaries doubled, according to the state news agency WAM. The UAE has not experienced the widespread popular uprisings of the Arab Spring. The raises appeared to be, in part, an attempt by the government to keep it that way. **THE ASSOCIATED PRESS**

British media tarnished?



► Alastair Campbell, Tony Blair's former spin doctor, arrives at the High Court in London yesterday to give evidence to Judge Brian Leveson's inquiry, which was established to examine media ethics and practices and recommend changes to Britain's system of media self-regulation.

► Campbell criticizes ‘inhumane treatment’ of celebs, regular people

A small number of journalists have disgraced Britain's press, Tony Blair's former communications chief told a media ethics inquiry, as a former government minister said detectives were investigating whether his computers were hacked by a tabloid newspaper.

Ex-Downing Street aide Alastair Campbell said yesterday that journalists who had hacked into the phones of celebrities, royals, politicians and crime victims had “besmirched the name” of almost every other reporter in the country. “A very, very small number of people have completely changed the newspaper industry,” said Campbell.

The strong criticism came as former Northern Ireland Secretary Peter Hain's office said he had met with police “regarding

“We have a press that has just become frankly putrid in many of its elements.”

ALASTAIR CAMPBELL, FORMER BRITISH PM TONY BLAIR'S EX-COMMUNICATIONS CHIEF

an investigation into the alleged hacking of his official and personal computers” when he was in office. Hain would have had access to classified intelligence information.

Police investigating phone hacking by Rupert Murdoch's now-defunct tabloid News of the World have set up a parallel probe into whether computers also were targeted. Last week a 52-year-old man was arrested on suspicion of possible Computer Misuse Act offences. **THE ASSOCIATED PRESS**

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'TIS THE SEASON TO SHOP TILL YOU (LITERALLY) DROP

HE SAYS ...

JOHN MAZEROLLE
METRO



Now that Santa Claus parades have passed, snow has fallen and stores have entered their seventh exciting week of Christmas music, I think it's safe to talk shopping.

Not that there's anything safe about it. The starting gun for holiday shopping is "Black Friday," though few Americans would use something as feeble as a starting gun to get their hands on a discounted DVD player.

This calls for heavy weaponry. It's in the constitution.

Even without firepower, Americans bulk up with turkey on "Black Thursday" to prepare for various cannonball moves needed to get at merchandise on Black Friday, shop at smaller stores on "Black Friday Hangover" and then online on "Cyber Monday." Other important days include "Utensil Blowout Tuesday," "Paisley Wednesday" and "The Thursday of Regret."

"And who could forget Tickle Me Elmo, whose announcement, 'Heh, heh! That tickles!' was an interesting counterpoint to store clerks yelling, 'Dear God! Get off my spine!'"

Meanwhile, Canadians watch the pepper sprayings and shootings and stampedes and can only think one thing: We want in. Though there's an annual lament that North Americans have forgotten the true meaning of Christmas, I can assure you that holiday shopping has been crazy for at least my entire lifetime.

First it was Cabbage Patch Dolls. Nothing evoked the spirit of the season quite like old women having fist-fights over ugly, fat-faced dolls.

Then there was Furby, a pricey doll that first spoke

gibberish, but eventually learned English phrases like "A fool and his money are soon parted."

And who could forget Tickle Me Elmo, whose announcement "Heh, heh! That tickles!" was an interesting counterpoint to store clerks yelling, "Dear God! Get off my spine!"

It's never pretty, but what can be done? Well, I say this with utmost humility: Be more like me. If you shopped as I shop, we'd only need one shopping day. The entire continent would be done in minutes, actually. My goal during any shopping excursion is to treat the inside of the mall like it's Fukushima Daiichi — the less exposure the better. I'm a mission shopper.

RECORDING: Your mission, should you accept: We need a Chapters gift card, a backgammon set, and some sandalwood soap, whatever that is (women like it, we think). This MP3 player will self-destruct as soon as the warranty expires.

ME: I'll be in and out in 11 seconds.

With shopping complete, one can get back to the important things, such as enjoying the sights of the season, and repaying crippling shopping debts. And, because you skipped the violence, you'll have plenty of pepper spray next year for the repo man. Also, any store manager that decides to play Christmas music on Nov. 1.

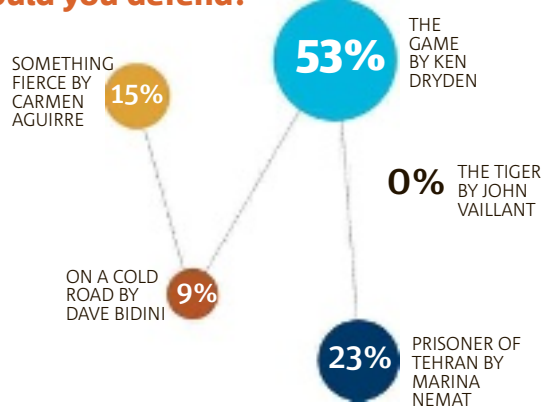
As we remember the true meaning of the season, let us spray.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
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Which book in Canada Reads contest would you defend?



Local tweets



toque.

- **@slybeer:** @S_Sunny_S that is a mighty fine
- **@mmmitsRichie:** Bacon #greatness
- **@feather:** @antonpeck hey! Anton! When'd you get here? Feeling kinda disconnected lately, and not in a good way... +@andrea
- **@kady:** Hurray for the Air Force! Seriously, why did the House just erupt into seemingly non sequitural
- **@KitDeepsky:** @ematiszde-signs Forecast for tonight is snow and cold.
- **@jennakomm94:** Glasses on. That means this song writings getting serious. It Also means I can't see .
- **@pretzelboi:** #firstworld-studentproblems avoiding people asking for money
- **@Plus_Imaging:** RT @fordottawa: We'll be giving away a STERLING SILVER car wash to one of our followers valued at \$89.95 #Ottawa

applause for the Air Force? #hw

Daily Zoom

Foxy snow dive



RICHARD PETERS/REX FEATURES

Cunning fox goes 'mousing'

WYOMING. Deep in the Lamar Valley of Yellowstone National Park, this red fox uses its large ears to listen out for a mouse before "snow-diving" to try and catch it.

Richard Peters had only a handful of seconds to snap this fox in motion, which had waited 20 minutes before launching its attack.

● METRO WORLD NEWS



"In the end, the mouse was quicker. The fox came out with nothing in its mouth."

RICHARD PETERS, PHOTOGRAPHER

Wolves head for warmer climate

PHOTO TOUR. For the 33-year-old photographer from London, this fox snap was not what he had intended. As he explained to Metro: "I went there to photo-hunt wolves. But the harsh winter — with over two metres of snow and temperatures as low as -39 C — forced the wolves to migrate to warmer places."

● METRO WORLD NEWS



► Months of work will be illuminated tonight on Parliament Hill.

Lighting up life in Ottawa

► Christmas Lights program kicks off tonight on Parliament Hill ► Join in all the festivities

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



The City of Ottawa will look even more magical for the holidays starting

More than 300,000 lights will illuminate Parliament Hill and Confederation Boulevard as part of the National Capital Com-

Lights

What can you expect at the lighting

► On the scene The National Capital Commission presents the 27th edition of Christmas Light Across

mission's (NCC) Christmas Lights Across Canada program.

Created in 1985, Christmas Lights Across Canada is celebrated in cities across the country.

From coast-to-coast-to-

Canada Illumination Ceremony starting at 6 p.m. tonight on Parliament Hill, featuring a performance by Montreal jazz soul sensation Nadja. There will also be Christmas carols, free hot chocolate and Beaver Tails.

coast, thousands of Canadians will attend illumination ceremonies to kick off the festive season.

For NCC Landscape Architect Yoland Charette, who is responsible for the overall design of the

Christmas Lights program here in Ottawa, tonight is the culmination of months of hard work.

"When tourists are in their shorts and flip-flops here in town, we're working on the design," he says. Designers start planning in the spring with a visit to the sites where the lights will be featured.

"That will dictate how the design will go and what colours we use," Charette says.

"We also have to take into consideration what our neighbours do with

their lights so we can match the colours."

By September, crews start examining the lights indoors to make sure they are all working. Installation on-site starts in October and takes about two months.

"It's a big process," admits Charette. "We really try to create the best urban ambiance for the residents of Ottawa and the tourists."

Starting tonight, the Capital region will be illuminated nightly until Jan. 7, 2012.

Kardashian



Reality TV star Kourtney Kardashian says she's expecting baby No. 2 with her boyfriend.

THE ASSOCIATED PRESS



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NATIONAL ARTS CENTRE
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The particular sadness of pet loss

► All dogs go to ...? ► Award-winning author and artist combine talents on children's book about a puppy's passing



► Artist Jamie Wyeth and writer Barbara Walsh collaborated on the new children's book *Sammy in the Sky*.

ROBERT F. BUKATY/THE ASSOCIATED PRESS

First there was Marley, the rambunctious Labrador retriever whose death brought readers to tears in John Grogan's *Marley and Me*. Now there's *Sammy*, a mixed-breed hound who's the subject of another tear-jerker, a children's book, *Sammy in the Sky*.

When her beloved hound dog died, Pulitzer Prize-Winning journalist Barbara Walsh watched her young daughters tearfully struggle with their loss and with tough questions. Walsh quickly realized there was a story to be told, one that she hopes will help other families deal with the loss of a pet.

But it wasn't easy getting the book published, even after Walsh enlisted celebrated American artist Jamie Wyeth to fill the pages with illustrations in watercolour, acrylic and pencil.

Book agents and publishers were squeamish about the subject matter, yet Walsh and Wyeth didn't want to sugarcoat the pain and sorrow that unfolds in *Sammy in the Sky*.

"Agents didn't want to go near this book. They said, 'It's too sad, it's too real,'" Walsh recalled. "That's my point. There's nothing else like this out there."

Sammy, a mixed-breed hound, became the family's first pet, purchased from a dog pound for \$30 by Walsh's husband, Eric Conrad, while they were



living in Florida. *Sammy* became a cherished family member, earning Eric's oft-repeated moniker, "the best hound dog in the world."

The hound showed love and patience. He licked Emma's cheeks when Barbara and Eric brought her home from the hospital. He slept next to her crib.

"She'd play doctor and wrap him in bandages and put bonnets on his head. He would just sit there. She used to sleep on him. He was her pillow," Walsh said.

"He was this amazing, gentle hound who looked after her. And she considered him to be her best friend."

As pet owners know, all good things must come to an end. The family, by now living in Cape Elizabeth, Maine, discovered a lump on *Sammy*, and he was diagnosed with cancer at age 12. The girls were told to enjoy their time with him, because it was drawing short. On the night he died at home, Emma echoed

her father's words: "You're the best hound dog in the whole wide world."

Emma was five, and Nora was three.

After the tears dried, Emma kept asking her parents why did *Sammy* have to leave, and where did his spirit go. She would run inside after school and holler out *Sammy's* name, forgetting the hound was gone. Nora sometimes got angry, shaking her fist at the sky and ordering *Sammy* to come back down to earth. She wondered aloud if there were a ladder long enough to reach the sky, so she could go see him.

Walsh began taking notes of the heartbreaking emotions.

Wyeth, whose father and grandfather were also renowned painters, said he liked Walsh's story because it was real.

"It's not cute. It's not sweet. It's kind of edgy," said Wyeth, whose works are on display at the National Gallery of Art, John F. Kennedy Library and the Museum of Modern Art, as well as the Farnsworth Museum in Rockland and Brandywine River Museum in Chadds Ford, Pennsylvania.

Sammy in the Sky is not expected to outsell *Marley*, but it's doing well for a children's book. The first printing of 10,000 sold out in a couple of weeks; the book is now on its third printing.

THE ASSOCIATED PRESS

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AIDS awareness earns Alicia praise

► Bono attends premiere of Keys' film about disease in Africa, says she has 'lioness energy'

CHARLES SYKES/THE ASSOCIATED PRESS



► Bono and Alicia Keys attend the premiere of the Showtime documentary *Keep a Child Alive* with Alicia Keys, in New York, on Tuesday.

Bono is afraid of Alicia Keys.

While Keys talked about being pregnant and empathetic when filming her documentary about AIDS in Africa, the U2 singer chimed in and said: "She's scary, isn't she? She's scary."

Bono went on to say that Keys has "lioness energy" and that her role as a new mother won't allow her to "let other mothers suffer."

He made the comments at the premiere of *Keep a Child Alive* with Alicia Keys, a docu-

mentary that followed a visit to South Africa during last year's World Cup with a pregnant Keys and five Americans. It airs on the cable television Showtime channel today, which is World AIDS Day.

Bono said he met Keys when they recorded a cover of Marvin Gaye's *What's Going On* — with dozens of other musicians — in 2001.

"I was terrified the moment I met her. I was shaking in my boots," he said. "I was very moved by her singing of course, but what was interesting was the hard questions afterwards, and I think it's those hard questions that she asks that lead her."

Keys started her charity, *Keep a Child Alive*, in 2003. It assists those affected by HIV/AIDS in Africa and India.

She says she hopes the film reaches out to those who want to help, but can't make it to Africa.

"Even if you never have been able to travel there, or if you never can, that doesn't mean you can't travel with us and really

Broadway

► Alicia Keys has composed music for the Broadway play *Stick Fly*, which debuts next week.

► When Bono — who along with the Edge wrote the music for *Spider-Man: Turn Off the Dark* — was asked what advice he could give Keys, he said: "You know, it's an amazing American tradition, Broadway, and she can do anything she wants."

see it for yourself," she said.

Bono says Keys has what it takes to make a difference in Africa, and around the world.

"Everyone's got heart, but actually you have to have the head for this," he said. "You have to be tough and strategic, you have to be demanding, (and) the money has to be spent well."

If the money isn't spent well, he said, people get annoyed, "and so all these things take a certain intellectual rigour."

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Spirit of the West inspired by orphan children in Swaziland

Vancouver folk-rock outfit Spirit of the West has released a charity single benefiting AIDS orphans in Swaziland, a song inspired by singer John Mann's repeat visits to the African country.

Bulembu is an organization that bought an abandoned mining town and reconstructed it into a safe haven for orphans, many of whom suffer from AIDS — Swaziland has the highest rate of HIV prevalence in the world, according to a United Nations report.

When Mann first visited the community in 2010, he was struck not only by the poverty he saw, but the spirit of the people. He began penning the hopeful track as soon as he boarded

the airplane home.

"It's a very inspiring place," Mann said on the line from Vancouver in a recent telephone interview. "Our problems are nothing, they're absolutely nothing compared to what these people go through and many of these kids go through."

"The kids themselves are just, man, they absolutely break your heart."

The AIDS pandemic has crippled Swaziland, making it the only developing country in the world experiencing negative growth.

As a result, the United Nations has cautioned that the long-term survival of the Swazi people could be seriously threatened.

Mann was so profoundly

180K

Swaziland is a country with a population of roughly 1.2 million people, but in which the UN estimates that 180,000 are living with HIV.

affected by his first visit that he didn't wait long to go back.

This past spring, he returned armed with portable recorders that he used to capture the Bulembu Children's Choir, adding their voices to his rousing song, which was released to iTunes on Tuesday.

"The song is a wonderful memory, but what really does it for me is hearing the kids sing," he said. "They're incredible, wonderful singers."

Mann says he hopes that beyond paying to download the track, listeners might be inspired to try to help out in Swaziland.

"Certainly, a large piece of my heart is there," Mann said.

Meanwhile, Mann says that he and Spirit of the West bandmate Geoffrey Kelly recently went on a "writing spree," and he's hoping that the band will get together in January to begin fleshing out the songs with the goal of releasing a new album.

THE CANADIAN PRESS



► Musician John Mann poses with a child in Swaziland.

The very comic Christmas

► A Russell Peters Christmas goes heavy on the corny factor while celebrating the festive season with style

When it comes to Christmas, Canada's comedy giant Russell Peters is a traditionalist at heart.

The stand-up superstar throws together an old-fashioned TV variety special this week featuring plenty of carols, mirth by the fire, wishes for Santa, and unabashedly cheesy skits involving his mother, Maureen, and baby girl, Crystianna.

"This is a real family affair, (including) Momma and baby. Did you see my daughter? How cute is she?" Peters gushed recently from the Toronto set, admitting he's taking every opportunity to show off his nearly year-old offspring.

"Even if she never wants to be in show business ever again at least I

got footage to show her and go, 'Who didn't want to be in show business

then?"

Besides baby schmaltz, A Russell Peters Christmas

features famous friends Michael Bublé, Pamela Anderson, Jon Lovitz, Scott

Thompson, Faizon Love and The Love Boat's Ted Lange, as well as a bevy of

lingerie models to help ring in the season.

Thompson says the mix of stand-up, sketch comedy, stop-motion animation and musical performances harkens back to holiday specials of yore.

"I think if a white guy did it, it would be like, 'Wow, this is too much of a throwback.' But with him it seems kind of hip," Thompson says of the show's Indo-Canadian host, who peppers the special with trademark jokes about race and culture.

"And I think people will go, 'Oh my God, so he's a Christian. I wasn't sure.'"

If you want to watch A Russell Peters Christmas it airs tonight on CTV and repeats Dec. 10 on The Comedy Network.

THE CANADIAN PRESS



► Russell Peters ratchets up the comedy during his Christmas special.



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Watch out Lohan, it's Love to the rescue

- ▶ Courtney Love offers her expertise in sobriety to Lindsay Lohan
- ▶ That's right, Kurt Cobain's widow is going to be a sobriety coach

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Well, if this doesn't spell the end for Lindsay Lohan, I don't know what does: Courtney Love, a woman once so wasted she was photographed having a stranger suck her bare nipple at a Wendy's, is apparently Lindsay Lohan's new sobriety coach.

Yes, in the new issue of Details, Love says she's taken on the role "because nobody else will."

Love says she is using her past to show Lohan

that she is making a mistake by using drugs. "I went up to Lindsay's room one time and there was a show on called '101 Celebrity Oops' and I am like every other one, you know — boobs out, legs everywhere, throwing s— at Madonna, you know, whatever," Kurt Cobain's widow told the magazine. "I'm like 'Lindsay, look! Drugs are bad!'"

Love, whose daughter recently filed a restraining order against her, claims she's been clean since 2005. Does anyone need to know how bad of an idea this is? Having Courtney Love as your sober coach makes about as much sense as having Chris Farley as your weight-loss guru.



▶ Courtney Love

ALL PHOTOS GETTY IMAGES

New lady for Cooper?

Bradley Cooper reportedly spent a romantic day in Paris with French actress Melanie Laurent, prompting rumours that the two are dating, according to Us Weekly. Cooper, who is fluent in French, and Laurent lunched on the Boulevard St. Germain before heading to the theatre for a matinee. The pair then



▶ Bradley Cooper

headed back to Cooper's hotel for a private dinner.

● METRO

Moore takes 'me time'

It turns out Demi Moore wasn't on hand for youngest daughter Tallulah's recent debutante ball in Paris because she stayed back in L.A. for some "me time." Moore, who recently filed for divorce from Ashton Kutcher, was spotted enjoying a dinner with



▶ Demi Moore

close friend and florist Eric Butterbaugh at the Sunset Tower Hotel, according to Us Weekly. ● METRO

Celebrity tweets



Everyone is happy that Conrad Murray was sentenced to four years in prison, except for other inmates suffering from insomnia.



@JoanRivers

twitter is not necessarily the place to worry about grammar, spelling and syntax- i just try to fit my thoughts into 140 characters or less..

@MarthaStewart



@MatthewPerry

I'm on a train. Whatever.



@ConanOBrien

Not gonna say what I bought, but Amazon just reviewed my order and said, "You might also be interested in therapy."

ScarJo loves her some bad boys

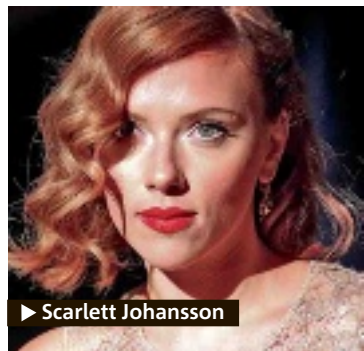
Scarlett Johansson admits she has a thing for bad boys, so to speak.

"I'm attracted to the quality of being adventurous and perhaps a bit mischievous and also questioning authority and being proactive," Johansson, who recently dated Sean Penn, tells Cosmopolitan.

"If that makes up a quintessential bad boy, then whatever. I'm not at all attracted to meanness or bullying, but I do think conviction is attractive. I mean, really, who doesn't?"

One thing she doesn't find attractive, though, is over-sharing: "I don't have a Facebook or a Twitter account," she says.

"I don't know how I feel



▶ Scarlett Johansson

about this idea of, 'Now, I'm eating dinner, and I want everyone to know that I'm having dinner at this time' or, 'I just mailed a letter and dropped off my kids.'

"That, to me, is a very strange phenomenon. I can't think of anything I'd rather do less than have to continuously share details of my everyday life."

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One festive fashionista

► Iconic Canadian designer Marie Saint Pierre dishes on the dos and don'ts of holiday dressing



HEATHER
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Celebrated Montreal-based designer Marie Saint Pierre has teamed up with Reitmans on a capsule collection of 10 dresses for the holidays.

Featuring the signature touches — asymmetrical hemlines, a playful combination of fabrics and architectural details — that have made Saint Pierre a hit internationally, each dress offers the versatility of day-to-evening wear at an accessible price.

"We wanted to offer essential dresses for this collection," explains Saint Pierre. "We wanted to give them timeless pieces that would go beyond Christmas and you could wear throughout the year," she adds of the offerings, all of which are variations of the little black dress.

When it comes to holiday dresses, Saint Pierre says if you opt for classic and elegant black, which is universally flattering on any shape, you can add a splash of colour with some accessories.

"Black is versatile and at the same time it is glamorous. It's such a functional colour for most people; it's like a blank canvas. If you are going to buy one dress, buy a black dress that you can wear for many occa-



► Marie Saint Pierre for Reitmans collection. From left: V-neck dress with gold lace; V-neck knit and taffeta dress with sash; \$85 each.

Top tip

Sleeveless dresses and tops should show off your arms, not your bra. If your bra straps show, the cut of the dress is wrong for you or the top is too big at your shoulders.

sions and for many years." However, Saint Pierre did include that ultimate

Creatively moving from day to night

"You can wear a cardigan over the dress during the day with flat shoes, then add the necklace, a pair of heels and remove the cardigan for the evening cocktail party," says Saint Pierre.

holiday colour — red — in the bustier of her bubble skirt dress as well as a lovely deep blue in the skirt of a taffeta number.

Saint Pierre believes that the movement and drape of a dress are key elements to look for when choosing what to wear to your holiday parties. "Having movement in a dress is important. That's

when you create a buzz," says Saint Pierre, adding that holiday parties are the time to go all out and really shine.

"When you overdress, you create the party," she says. "I think the holidays are a time to dress up rather than dress down. So add on accessories."

It's all about choosing a figure-flattering dress

that accentuates the right areas, as well as concealing the right areas.

"High-low hems (higher in the front, lower in the back) for instance gives a nice flow and silhouette as do A-line skirts," she explains.

Some people hesitate to wear strapless or sleeveless dresses to office holiday parties, deeming it inappropriate. Saint Pierre, however, poo-poo's that notion. "It is the time when you can bare your shoulders. If not at a holiday party, then when?"

Holiday bling

How to accessorize your outfit

- "We worked a lot with chains. I think you can mix the chain with the fur, you can mix the chain with a nice cashmere scarf or a fur bag, or an amazing ring," says Saint Pierre.
- "I would not put too many accessories together though. Go with one big statement accessory."
- The designer also points to carrying a colourful clutch for a pop of colour with a black dress or adorning the wrist with a big cuff. "For an event, you can have a really great presence with a hat," she adds.

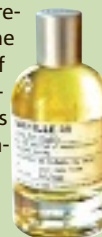
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life

Beauty pick

Scents in the city

Le Labo Fragrances has launched a series of scents reflecting the essence of all the travel classics such as Paris, Tokyo and New York.



● MWN

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GETTY IMAGES



► Daniel Craig looking dapper.

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► Grey is no longer boring! ► Thanks to its countless appearances on 2011's runways, it's the choice of the fashion-forward man rather than the dull nine-to-fiver

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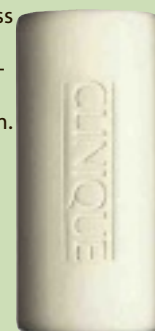
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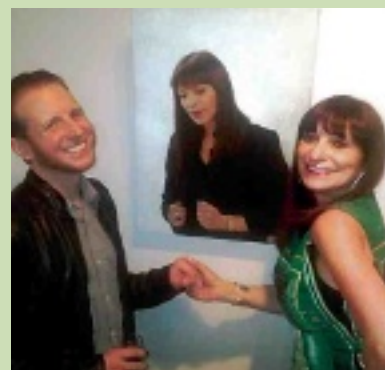
In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
Freaky to see my personal art collection displayed @AGOToronto storefront gallery on University Ave

► @MeashaBG : "@Jeanne_Beker: ...my personal art collection exhibit which opens @AGO-Toronto as part of their Collector's Series." I CAN'T WAIT2C THAT!

► @Jeanne_Beker: Hope to see you!!!! Miss you!!!! xoxo!



► @Jeanne_Beker: With @ShaunDowneyArt who created this introspective portrait of moi! @AGOToronto show, on til 16th.

► @Rinowa_Toronto: Love the portrait and the green dress! Fresh colour for a gloomy day ;)

► @ZarGanmylife: beautiful! Such a master piece:-)

► @catobie: Beautiful! Even on this pic you can see a wonderful use of light to show 'you'. #warmandsoft

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Let your holiday table sparkle

► How to keep your silver, crystal and china clean and shining

DESIGN CENTRE



KARL LOHNES
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This week I take a practical approach to decorating with cleanliness and shine; making sure that all your treasured tabletop and bar items look their very best after a long year of storage in the china cabinet.

With a bit of technology and a few old-fashioned tips, you can release your inner butler and create tabletops that sparkle, shine and gleam!

Cleaning:

For the little time that it takes to polish up your glass and metals, you'll sit at the table with pride as your guests compliment how great everything looks.

I like to set the table completely, then go around and polish everything one final time. I suggest sitting in each guest's chair to do the polishing at each setting — you'll be surprised at what you see from each guest's perspective.

Here's an old-time method to remove time-worn tarnish from your silver treasures: Line a plastic basin with aluminum foil, shiny side up.

Place the tarnished flatware inside. Make sure all pieces are contacting the



► Give your table's bling a little love.

foil. Sprinkle in a 1/4 cup of baking soda and pour in 16 cups of boiling water. Stir and let the silver soak for 10 to 15 minutes. Remove the silver. Rinse, and buff with a clean, soft cloth.

Wear cotton gloves when setting the table; it's the simplest way to guarantee no fingerprints are left on dishes, cutlery and crystal.

Silver items that are stored out of sight can also be kept in Ziploc bags to

stop tarnishing.

Wrapping silverware in dark blue tissue paper will also keep it from tarnishing (so says my grandmother).

Protecting:

There is nothing worse than going to set a table and discovering that one of the stacked dinner plates is

cracked.

You no longer have a full set to use and you are without the proper amount of required table settings.

The best way to keep your dishes, silver, crystal and flatware protected is to care for them properly.

Do not stack more than eight

china plates or bowls on top of another to avoid too much pressure on bottom plates. Some home goods stores sell storage bags specifically designed to store china. These are typically cloth or plastic bags, felt-lined and closed with zippers. Sheets of felt can be purchased at fabric and craft stores, and placed between fine dishes to keep them protected.

Consider purchasing sturdy, see-through stack-



Felt pads layered between dishes is a smart way to protect from scratches and breakage. Felt Dinnerware Protector, \$12/set; crateandbarrel.com

Easy does it

When you stack, it is best to place a paper doily, or a rubber jar ring, between each plate to avoid scratching.

- **Lift:** If you do stack your china plates, lift them off when ready to use instead of sliding them out.
- **Line them up:** Do not stack fine china cups and do not hang cups from hooks or pegs. Place them on a shelf one by one in a row.
- **Pocket tricks:** If using foam pockets, place only one plate in each pocket.
- **Glass care:** If storing glasses in a box, stand them on end and place cut-up cardboard between wrapped glasses.
- **Normal temperatures:** Do not place china in a box in a cold basement or hot attic. Extreme temperatures can crack or craze fine china.

Handle with care:

Instead of air-drying your fine dishes always hand dry with a clean, lint-free cotton cloth to avoid water spots. The E-towel is patent-designed to dry glassware four times faster than a regular dishtowel to leave glasses smear-free and sparkling. (Check out goldaskitchen.com.)

able plastic tote containers with handles on either side so everything can be stored and seen without labelling.

Do not add scented sachets or smells in storage boxes or cabinets as crystal and glassware can actually absorb the smells.

When purchasing crystal, flatware or china buy an extra to allot for breakage, loss, wear and tear.

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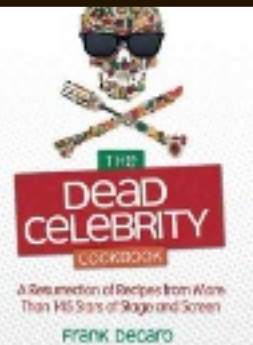
Join us in celebrating what Ottawa loves to do in our special Readers Choice Awards issue on December 16th!



metro



Weekly Cookbook



In his book *The Dead Celebrity Cookbook: A Resurrection of Recipes by 150 Stars of Stage and Screen*, Frank DeCaro puts long-gone stars in the spotlight once again.

Famous celeb's recipes were rescued for the book, including Elizabeth Taylor's Chicken with Avocado and Mushrooms, Frank Sinatra's Barbecued Lamb, Johnny Cash's Old Iron Pot Family-Style Chili and Katharine Hepburn's Brownies, among others.

Memories of warmer times

MATTHEW MEAD / THE ASSOCIATED PRESS

Chili Dogs, normally considered a summer treat, are remade for winter

Hot dogs tossed in a toasted bun and slathered with chili and shredded cheese tend to scream summer.

But because those flavours go so nicely together, they begged to be converted into a recipe that is better suited for fending off the chill of a winter night.

In converting the recipe, there was no reason to mess around too much with the hot dog or chili topping. Why ruin a good thing? Instead, the focus is on the starch. Roasted potatoes were the right flavour, but wrong texture. Mashed, however, were just right. The resulting recipe oozes comfort and warmth.

Winter Chili Dogs Preparation:

- 1 Place potatoes in pot and add enough water to

cover. Bring to boil and cook 15 to 20 minutes, or until potatoes are tender. Drain and return to pot. Add butter and milk, then mash until chunky smooth. Season with salt, pepper; set aside.

- 2 In saucepan over medium heat combine baked beans, tomato paste, cumin, smoked paprika, chili powder and cayenne. Simmer, cover and set aside.

- 3 Heat grill pan to medium-high. Add hot dogs

Ingredients:

- 1 kg (2 pounds) Yukon gold potatoes, peeled and quartered
- 60 ml (4 tbsp or 1/2 stick)



The recipe serves four.

and cook until heated through and browned on all sides, about 6 to 7 minutes.

- 4 To serve, divide mashed potatoes between 4 serving plates. Top each with a hot dog, then la-

dle beans and top with cheese, sour cream, jalapeños, red onion.

THE ASSOCIATED PRESS

butter

- 125 ml (1/2 cup) milk
- Salt and black pepper
- 430 ml (15-ounce) can vegetarian baked beans
- 22 ml (1 1/2 tbsp) tomato

paste

- 10 ml (2 tsp) cumin
- 7 ml (1 1/2 tsp) paprika
- 5 ml (1 tsp) chili powder
- 1 ml (1/4 tsp) cayenne pepper

- 4 hot dogs
- 125 ml (1/2 cup) shredded cheddar cheese
- Sour cream, to serve
- Chopped pickled jalapeno slices and red onion

Fight off cold with slow-cooked roast

This comforting & hearty Beef Pot Roast is a must when the weather gets chilly Serve it with potatoes

THE CANADIAN PRESS H/O



The recipe serves six.

are cooked through.

- 2 Meat juices will make delicious gravy. If thicker gravy is preferred, mix a little cold water with cornstarch and a few spoonfuls of meat juice in a small pan, add remaining liquid and bring to a boil to thicken. Season with salt and pepper to taste. CROCK-POT.CA/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMI-LYRICHARDSCOOKS.CA)

Ingredients:

- 750 g (1 1/2 lb) beef brisket roast
- 2 onions, quartered
- 2 carrots, cut in half lengthwise, then into 5-cm (2-inch) chunks

- Half a small rutabaga, peeled and cut into chunks
- 250 ml (1 cup) dry red wine or beef stock
- 15 ml (1 tbsp) tomato paste
- 1 bay leaf
- Salt and pepper, to taste

Comforting and tasty, this beef pot roast can easily be served up for dinner.

The hearty meal also offers leftovers for another day. Serve it with mashed potatoes and buttered savoury cabbage.

Beef Pot Roast Preparation:

- 1 In slow cooker stoneware, place beef brisket and arrange vegetables. Mix wine and

tomato paste, pour over brisket; add bay leaf and cook on Low for 5 to 6 hours or until meat is tender and vegetables

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See in-store poster for more details

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SPECIAL INFORMATION FEATURE

Make a bet on this Wildcard

JEFF O'REILLY/FOR METRO



JEFF O'REILLY
FOR METRO

Head brewer Josh Larocque was in university when he and a couple of friends with rather large noggins who would homebrew together joked that if they were to open a brewery it should be called Broadhead.

It may have been the beer talking, but the name stuck. Larocque moved to Ottawa with fellow homebrewer Shane Matte and were later joined by like-minded friends Jason Smale and Jamie White in a weekly brewing session.

Having four guys spending an entire Saturday afternoon toiling over the brew to split a 20-litre batch (roughly half a case of beer each) quickly led to discussions of expansion and bigger batches. Then, serious talk of opening a microbrewery started to take shape.

Things began to move rather quickly as they began to move into their cur-



► Broadhead Brewing Company's Jamie, Jason and Josh enjoy a nice cold pint after a full day of brewing.

rent space last June, secured the necessary licences to both brew and sell beer, tracked down equipment and basically built the brewery from the ground up. They started brewing in September and, by October, they were selling beer... all while maintaining their full-time jobs.

Part of the challenge is that instead of focusing all of their efforts on just one beer (as most start-ups do) they have chosen to offer

six different brands right off the bat. With names like Longshot, Dark Horse and Underdog they are clearly comfortable being the little guy, and their hard work and determination is being met with plenty of positive feedback.

Larocque's approach to brewing is refreshing as he is able to create interesting beers by keeping tastes straightforward and uncluttered. Particularly intriguing is his Wildcard

Ale — originally brewed using only Citra hops, he has changed the recipe to all Australian Galaxy hops, giving it its distinctive character. And that may change again as this beer truly is a wildcard.

Wildcard Ale (five per cent alcohol by volume) pours a brassy gold with thick off-white head. A big citrus hop nose leads to bright flavours of tangy sweet pink grapefruit, pine resin and bready malts — simple and clean — with a warming smooth mouth feel and a pleasant dry finish.

This beer provides style and substance and will be an instant hit with craft beer drinkers.

Broadhead Brewing is located at 81 Auriga Dr., Unit 27 (just south of Hunt Club Road off Prince of Wales Drive tucked away in the industrial park) and is open for business Thursdays and Fridays from 10 a.m. to 9 p.m. and Saturdays from 10 a.m. to 5 p.m. For more information, visit broadheadbeer.com.

VANESSA SIMMONS/FOR METRO



► La Fraîche de St. Sixte, Fromagerie Les Folies Bergères.

Enjoying their curds and whey

**CURD
ON
THE
STREET**



good curds. Paradis's curds are a little sweeter and don't have the heavy hit of salt you taste with most cheddar curds. They are moist, milky, warm, spongy, springy, softer, and have a less rubbery texture attributed to her patience and hand-processing.

And, of course, they have the characteristic "squeak" experienced with fresh cheese curds (no squeak, not fresh!), best eaten within 12 to 24 hours and before refrigeration.

Find them fresh Friday afternoons at the newly renovated The Piggy Market (Westboro) or in the Savour Ottawa Parkdale Market Field House (until Dec. 17).

● VANESSA SIMMONS
FOR MORE, SEE SAVVYCOMPANY.CA

What better Friday treat for the whole family than farm-fresh cheese curds?

This week's cheese pick, curds from Fromagerie Les Folies Bergères, would give Little Miss Muffet a run for her money. Owner Maggie Paradis says "curds have faithful followers" and are widely loved and versatile — they go anywhere, with anything (and I might add, anyone.)

Cheesemaker expertise and fresh, high-quality milk are the secret to really

Black Cat Bistro puts playful twist on menu



SAMANTHA EVERTS
FOR METRO

What's all that racket coming from the Black Cat Bistro on Preston?

The Cat got out and made some dishes that has all of the Capital talking.

The fine-dining French restaurant has been repeatedly called "best of Ottawa" and we would be

hard-pressed to argue after a wonderful experience. Chef Patricia Larkin has taken a classic French menu and put a playful twist on it.

When deciding between an appetizer of roasted octopus or the famous burger special, we had to get both. The textures were thoughtfully assembled with the roasted and

charred octopus paired with olives, parmesan, paprika-smoked mayo and yuzu vinaigrette. The delicious, smoky flavour of the appetizer has haunted our taste buds since.

Each Tuesday, a new burger is crafted. Ours featured a local beef patty expertly seasoned with rosemary, melted gruyere cheese, house-made Dijon

mustard and crispy fried onions. A cornet of hand-cut fries was served alongside truffle-spiked mayo for dipping. This is gourmet at its height of quality; Larkin's menu is innovative and playful without the need for fancy concepts.

For more, visit blackcatbistro.ca.

The Black Cat Bistro is located at 428 Preston St.

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How do farmers affect local food movement?

TORSTAR NEWS SERVICE FILE

FARM TO FORK



My wife and I enjoy our weekly sojourn to the Byward Market during the summer for our fresh produce. But what about the farmers — are they fully engaged?

Ottawa's 2011-12 Buy Local Food Guide lists 67 farms that sell some of their produce directly to consumers, either at the farm gate or in one of the local markets. However, Statistics Canada reports 1,267 farms within the extended city limits, so this means that five per cent of area farmers are engaged in the local food movement, most on a seasonal basis.

There are about twice as many large grocery stores in the Ottawa area as there are listed local providers. The 13 farmers' markets listed are all, except one, summer-only enterprises and, of that total, 11 are open a half-day a week. This is equivalent to two such markets being open full time for the entire year. Thus, area farmers engaged in the local food movement probably supply no more than one per cent of Ottawa's nutritional needs.

Farmers are behaving in this manner for a reason.



Retailing food takes a lot of time, which is demonstrated by U.S. statistics that indicate there are more than 1.5 grocery store workers alone for every farmer. Thus, unless there is a family member with time to take on direct sales, a typical farmer is too busy growing food to worry about the needs of individuals.

My father, who was a farmer, discouraged the occasional effort by city folk to purchase food directly from us by politely advising that he was a farmer and not a grocer. A farmer produces what his soil, skills and equipment are best suited for and, for Ottawa, this means abundant

dairy products, certain meat products, corn, soybeans, wheat and modest quantities of most other crops.

While much of this output will be consumed locally, it will be indistinguishable as a food product produced nearby as it sits on the supermarket shelf.

The bottom line is that the local food movement has surprising little influence on what is produced nearby because catering to it does not work for most farmers.

● MAURICE HLADIK IS THE AUTHOR OF THE SOON TO BE PUBLISHED BOOK **DEMYSTIFYING FOOD FROM FARM TO FORK.**

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The perfect holiday party

► Tips from Looneyspoons author will help you plan glittering open house for friends, family



YLVA VAN BUUREN
FOR METRO

The holidays are a wonderful time to hold a party for family and friends.

An open house lets your guests double-book if they have to during this busy time of year, says Robyn Green, Kai Event Management, Vancouver.

And an open house is also easier for the hostess ... you can prepare many foods and nibbles ahead, space out serving them, and wander about and visit with guests.

Planning is the most important part, says Greta Podleski, co-author of The Looneyspoons Collection and other cookbooks.

FOOD

Stick to hot and cold appetizers and a couple of desserts. "Three hot appetizers, three cold appetizers and two desserts/sweets should be plenty of variety," says Podleski. "Make some, buy some" is a good strategy — "but always present pre-made, store-bought food in

Mixed-Up Meatballs

Appetizer-size turkey meatballs with cranberry-orange barbecue sauce.

Ingredients:

Meatballs

- 1½ lbs (680 g) ground turkey or chicken
- ½ cup unseasoned dry bread crumbs
- ½ cup finely minced or grated onions
- ¼ cup minced fresh parsley
- 1 egg
- ½ tsp each garlic powder and dried marjoram
- ¼ tsp each salt and freshly ground black pepper

Sauce

- 1 can (19 oz/540 ml) jellied cranberry sauce
- ¼ cup hickory or chipotle barbecue sauce (smoky)
- 2 tbsp freshly squeezed lemon juice
- 1 tsp reduced-sodium soy sauce
- 1 tsp grated orange zest

pretty bowls or on decorative plates."

For the day of, write out a prep schedule. "I even



Preparation:

1 In a large bowl, mix together ground turkey, bread crumbs, onions, parsley, egg, garlic powder, marjoram, salt and pepper (using your hands works best). Form mixture into bite-sized meatballs, about 1 to 1½ inches in diameter. You should end up with about 45 meatballs.

2 Place meatballs on a baking sheet that has been lightly coated with cooking spray. Bake at 400 F for 12 to 15 minutes or until cooked through. Stir meatballs once, halfway

through cooking time, to brown sides. Remove from oven and transfer to a large pot.

3 In a small saucepan, combine cranberry sauce, barbecue sauce, lemon juice, soy sauce and orange zest. Cook over medium heat until cranberry sauce is melted and mixture is bubbly, about 5 minutes. Pour sauce over meatballs and stir gently until all meatballs are coated with sauce. Cover and simmer over low heat for 5 minutes, stirring occasionally. Serve hot. Makes 45 meatballs

BAR

Keep it simple ... beer, wine and a couple non-alcoholic beverage choices.

DECOR

A metallic (silver or gold) colour theme will help make your event glitter.

Use silver or gold runners and napkins on your buffet table. Clear glass containers filled with sparkly ornaments look pretty and festive. Fill a large, shallow silver bowl with pomegranates and tuck evergreen sprigs or holly berries between the fruit. Make a wreath for the front door by attaching silver bells to a circular form.

The finishing touch: Use edible gold flakes (available at Michael's or a baking store) to rim champagne or wine glasses, sprinkle on desserts or even put in ice cubes.

GIFTS

Ask guests to help you fill stockings for the homeless by bringing gifts such as wool mittens or socks and food items.

"And I like to give out gifts when guests leave," says Green.

Bake ginger or shortbread cookies and put them in a mason jar tied with gold or silver ribbon.

THE PODLESKIS' NEW COOKBOOK, THE LOONEYSPOONS COLLECTION, IS AVAILABLE AT INDIGO.CA.

Be social, but on best behaviour

CHARLES THE BUTLER



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The social holiday party is generally such a pleasure compared to the office party, but, yet, there are some simple guidelines that are important to follow to help ensure you have a great time and still hold your head up proudly at your kid's next soccer game!

Like any party, RSVP as soon as you get the invitation and never arrive early — fashionably late (15 minutes) is a good thing.

If appropriate, bring something like a box of chocolates, homemade cookies, a bottle of wine or a potted plant, favourite book or present for fido the dog, but never bring cut flowers, as this puts a burden on the hostess to have to arrange them and place them at the last minute.

If you are going to drink, make sure you make arrangements ahead of time on how you are going to get home — taxi, transit, or a non-drinking friend.

The perfect hostess will try to mingle to make sure everyone is having a good time, but the good guest should also make an effort to mingle and not sit in the corner with a group or monopolizing a guest just for themselves.

Don't be the last guest to leave, and if you see your host is all by themselves without help, always offer to do something in the kitchen or at the bar. Myself, I love to be the barman if I don't know anyone at the party — this gives me something to do, and I get the opportunity to meet everyone.

This has been a successful technique for me in the past and helps in getting to know people while having a great time at a social party where I didn't know many people.

Enjoy the party!

Merry Cherry Cheesecake

Simple and scrumptious cherry cheesecake squares with a hint of lemon.

Ingredients:

- 1½ cups graham crumbs
- ½ tsp ground cinnamon
- 3 tbsp butter, melted
- ¼ cup freshly squeezed lemon juice
- 1 pkg (¼ oz/7 g) unflavoured gelatine
- 2 pkgs (8 oz/250 g each) light cream cheese
- 2 cups light (5%) sour cream
- 1 can (10 oz/300 ml) low-fat sweetened condensed milk (such as Eagle Brand)
- Grated zest of one lemon
- 2 cans (19 oz/540 ml each) reduced-sugar cherry pie filling

Preparation:

1 To make crust, combine graham crumbs and cinnamon in a medium bowl. Add melted butter and stir using a fork until crumbs are moistened. Spray a 9 x 13-inch baking dish with cooking spray. Press crumb mixture firmly and evenly over bottom of dish. Refrigerate while you prepare the filling.

2 Measure lemon juice in measure cup. Sprinkle gelatine over lemon juice and let stand for one minute. Add ¼ cup boiling water. Mix well, until gelatine is dissolved. Set aside.

3 To make filling, beat together cream cheese and lemon juice mixture on high speed of electric mixer until smooth. Add sour cream, sweetened condensed milk and lemon zest. Beat again until well blended. Pour filling



over prepared crust and spread to edges of pan. Cover and refrigerate for at least 3 hours until set. Spread cherry pie filling over cream cheese mixture. Cover and refrigerate until ready to serve. Makes 18

cheesecake squares.

RECIPE TIPS: Take the cream cheese out of the fridge about 30 minutes before you make the cake. It's easier to beat cream cheese if it isn't cold. Don't omit the lemon juice

from this recipe — it, along with the gelatine, helps the filling set. (If you leave it out, the filling will be runny.) Don't forget to grate the zest from the lemon before cutting it in half to squeeze out the juice.

'Sky's the limit' for Seguin

► Bruins' teammate Kelly says 19-year-old 2nd overall pick is showing 'superstar' potential

The door opens for the dressing room of the NHL's hottest team and all of the cameras immediately gravitate to one player: Tyler Seguin.

It's just another morning availability in a road arena for the Boston Bruins forward, who appears to be on the verge of becoming the league's next big thing. Not only is Seguin piling up the points — he needed just 20 games to surpass his rookie total of a year ago — but he's started to draw a big crowd wherever he goes.

In fact, teammate Chris Kelly dropped the word "superstar" when answering a question about Seguin yesterday morning at Air Canada Centre in Toronto. Wait ... superstar?

"Yeah, I think so," said Kelly. "He's 19 years old. Most 19-year-old guys are playing junior hockey getting \$50 a week. They're not being a consistent point producer in the NHL on a good hockey team (who) won a Stanley Cup."

"The sky's the limit for him. I think it's in his hands how far he wants to go."

For his part, Seguin makes no secret of where he expects to end up. He carries the confidence of a big-time scorer — he had 106 points for Plymouth in his last year of junior — and has been among the NHL leaders all season. He plans to remain there for years to come.

"I look at it as some-



► Boston's Tyler Seguin celebrates a goal in Toronto on Nov. 5. Seguin had an assist in the Bruins' 6-3 win over the Leafs in Toronto last night.

where I want to be for sure," said Seguin.

Adding to the teenager's star appeal is a flair for the dramatic that all special players seem to enjoy. Recall Seguin's two-goal, four-point performance in Game 1 of the Eastern Conference final against Tampa Bay last spring after he'd been a healthy scratch through the first two rounds. Or even that he registered his first career NHL hat trick on Hockey Night in Canada during Boston's visit to Toronto on Nov. 5.

Seguin is also bound to

24

Tyler Seguin has 12 goals and 12 assists for 24 points in 23 games so far this season. Last year he had 11 goals and 11 assists in 74 games.

be followed closely because of the manner in which he entered the NHL. A debate raged for months about whether he or Taylor Hall should be selected No. 1 in the 2010 draft — and the

fact he ended up going second overall with a pick Boston acquired from the Maple Leafs for Phil Kessel only added to the interest.

Yesterday morning, he expressed relief after getting through a media scrum in Toronto without being asked about Kessel.

"That is definitely a record," said Seguin. "I cannot believe it. That's why I want to get out right now."

Just as important as his 24 points is the league-leading plus-19 rating he'd earned through 23 games. Kelly says the Bruins have

seen a more consistent effort from Seguin at both ends of the ice this season.

Another change has started to come from opponents.

"I think right now being the leading scorer on our team, there's no doubt other teams are going to pay more attention to him," said coach Claude Julien.

"I have confidence in his personality and his demeanour and all that stuff that he can overcome that."

If he does, the attention he receives will only grow.

THE CANADIAN PRESS

4

sports

Senators preview

Ottawa at Dallas
8:30 p.m.
TV: SNET



The Senators (12-10-2) head south to face Dallas (14-9-1) at the right time. The Stars are without Kari Lehtonen (groin), whose stellar play in goal was a big reason for their great start. Andrew Raycroft won his first start filling in but it's unlikely he can keep it up. Dallas needs its offence to step up, starting with Jamie Benn, who has cooled after a hot start with points in just three of his last 10 games.

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EASTERN CONFERENCE												
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	25	14	7	2	2	80	63	32	8-1-2-0	6-6-0-2	5-4-1-0	L1
d-Toronto	24	14	8	1	1	79	75	30	6-3-1-1	8-5-0-0	5-4-0-1	W3
d-Florida	24	13	7	1	3	67	60	30	5-2-1-3	8-5-0-0	6-3-1-0	W1
NY Rangers	21	13	5	1	2	60	45	29	7-1-0-1	6-4-1-1	8-2-0-0	W3
Boston	22	14	7	0	1	75	47	29	9-5-0-1	5-2-0-0	9-0-0-1	W1
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
Buffalo	24	13	10	0	1	68	63	27	6-7-0-1	7-3-0-0	4-5-0-1	L1
Ottawa	24	12	10	1	1	75	83	26	6-4-0-1	6-6-1-0	5-3-1-1	W2
Washington	23	12	10	0	1	71	75	25	8-3-0-1	4-7-0-0	3-6-0-1	L3
New Jersey	22	12	9	0	1	57	58	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	23	11	10	0	2	63	72	24	7-3-0-0	4-7-0-2	5-5-0-0	L1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	24	9	11	3	1	70	80	22	5-4-0-0	4-7-3-1	4-4-2-0	L2
Carolina	26	8	14	2	2	61	86	20	5-7-0-2	3-7-2-0	3-7-0-0	L4
NY Islanders	22	7	11	3	1	43	69	18	5-6-2-0	2-5-1-1	3-5-2-0	W2

WESTERN CONFERENCE												
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	24	14	7	2	1	57	53	31	9-4-1-0	5-3-1-1	7-3-0-0	W1
d-Chicago	25	14	8	1	2	80	78	31	7-2-0-2	7-6-1-0	6-4-0-0	L1
d-Phoenix	23	13	7	1	2	65	57	29	7-4-1-1	6-3-0-1	6-3-1-0	W2
St. Louis	24	14	8	0	2	59	50	30	8-2-0-1	6-6-0-1	7-1-0-2	W4
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
Vancouver	24	14	9	0	1	73	60	29	6-3-0-1	8-6-0-0	8-2-0-0	W5
Dallas	24	14	9	0	1	62	65	29	8-3-0-1	6-6-0-0	3-6-0-1	W1
Los Angeles	24	12	8	2	2	57	55	28	7-6-0-1	5-2-2-1	6-3-1-0	W1
San Jose	21	13	7	1	0	60	48	27	6-4-1-0	7-3-0-0	6-3-1-0	L2
Edmonton	24	12	10	0	2	65	60	26	6-3-0-1	6-7-0-1	3-7-0-0	L2
Nashville	24	11	9	3	1	60	63	26	4-3-2-1	7-6-1-0	4-4-2-0	L1
Calgary	23	10	12	1	0	51	60	21	5-5-1-0	5-7-0-0	4-6-0-0	W2
Colorado	24	10	13	1	0	62	73	21	4-9-0-0	6-4-1-0	3-7-0-0	L1
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7
Columbus	24	6	15	0	3	55	79	15	5-7-0-1	1-8-0-2	4-6-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Boston at Toronto
Tampa Bay at Detroit
New Jersey at Colorado
Minnesota at Edmonton
Montreal at Anaheim

Tuesday's results

Calgary 1 Nashville 0
Ottawa 6 Winnipeg 4
Vancouver 4 Columbus 1
Florida 3 Carolina 1
N.Y. Islanders 2 Buffalo 1
N.Y. Rangers 4 Pittsburgh 3
St. Louis 2 Washington 1
Phoenix 4 Chicago 1

Tonight's games

All times Eastern

Pittsburgh at Washington, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
Phoenix at Winnipeg, 8:30 p.m.
Ottawa at Dallas, 8:30 p.m.
Columbus at Calgary, 9 p.m.
Nashville at Vancouver, 10 p.m.
Florida at Los Angeles, 10:30 p.m.
Montreal at San Jose, 10:30 p.m.

Tomorrow's games

Detroit at Buffalo, 7:30 p.m.
New Jersey at Minnesota, 8 p.m.
N.Y. Islanders at Chicago, 8:30 p.m.
St. Louis at Colorado, 9 p.m.
Columbus at Edmonton, 9:30 p.m.
Philadelphia at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	15	31
Giroux, Pha	13	16	29
Lupul, Tor	11	18	29
Vanek, Buf	12	15	27
D.Sedin, Vcr	7	20	27
Versteeg, Fla	12	14	26
Pominville, Buf	9	17	26
Backstrom, Wash	8	18	26
Stamkos, TB	15	10	25
Neal, Pgh	14	11	25
Toews, Chi	13	12	25
Nugent-Hopkins, Edm	10	15	25
Smyth, Edm	12	12	24
Fleischmann, Fla	11	13	24
Kopitar, LA	10	14	24
Ma.Hossa, Chi	9	15	24
Eberle, Edm	8	16	24
H.Sedin, Vcr	8	16	24
P.Kane, Chi	7	17	24
Seguin, Bos	12	11	23
Sharp, Chi	11	12	23
Malkin, Pgh	9	14	23
Spezza, Ott	9	14	23
Weiss, Fla	8	15	23
Benn, Dal	6	17	23
Eriksson, Dal	10	12	22
Franzen, Det	10	12	22
Skinner, Car	10	12	22
Selanne, Ana	8	14	22
Karlsson, Ott	1	21	22
Vrbata, Phx	12	9	21
Ra.Whitney, Phx	8	13	21
J.Thornton, SJ	5	16	21
Michalek, Ott	14	6	20
Pavelski, SJ	11	9	20
M.Richards, LA	11	9	20
Marleau, SJ	10	10	20
Elias, NJ	8	12	20
Dupuis, Pgh	7	13	20
Plekaneč, Mtl	5	15	20
Campbell, Fla	2	18	20
Gaborik, NYR	11	8	19
Pacioretty, Mtl	10	9	19
Hartnell, Pha	9	10	19
B.Richards, NYR	9	10	19
Filipula, Det	7	12	19
Datsyuk, Det	6	13	19
Prospal, Clb	6	13	19
St. Louis, TB	6	13	19
M.Koivu, Minn	4	15	19
M.Bergeron, TB	3	16	19
Letang, Pgh	3	16	19
E.Kane, Wpg	12	6	18
J.Staal, Pgh	12	6	18
Perry, Ana	10	8	18
Ovechkin, Wash	8	10	18
Hall, Edm	7	11	18
Phaneuf, Tor	3	15	18
Lecavalier, TB	10	7	17
Duchene, Col	9	8	17
Marchand, Bos	8	9	17
Steen, StL	8	9	17
Nash, Clb	7	10	17
C.Smith, Nash	7	10	17
Wellwood, Wpg	7	10	17
P.Bergeron, Bos	6	11	17
Byfuglien, Wpg	5	12	17
Jagr, Pha	5	12	17
Edler, Vcr	3	14	17
Gonchar, Ott	2	15	17
Backes, StL	9	7	16
Callahan, NYR	9	7	16
Kelly, Bos	9	7	16
Ryder, Dal	9	7	16
Adam, Buf	8	8	16
Lucic, Bos	8	8	16
van Riemsdyk, Pha	8	8	16
Tavares, NYI	8	8	16

Last night's games not included

HOCKEY

AHL

Last night's results

Syracuse at Adirondack
Texas at Charlotte
Houston at Lake Erie

Tuesday's results

Milwaukee 8 Abbotsford 3
Grand Rapids 4 Toronto 3 (OT)
Connecticut 4 Hershey 2
Norfolk 5 Wilkes-Barre/Scranton 2

Tomorrow's games

All times Eastern

Bridgeport at Albany, 7 p.m.
Toronto at Grand Rapids, 7 p.m.
Manchester at Binghamton, 7:05 p.m.
Connecticut at Providence, 7:05 p.m.
Portland at Wilkes-Barre/Scranton, 7:05 p.m.
St. John's at Hamilton, 7:30 p.m.
Adirondack at Norfolk, 7:30 p.m.
Hershey at Syracuse, 7:30 p.m.
Springfield at Worcester, 7:30 p.m.
Houston at Rochester, 7:35 p.m.
Peoria at Milwaukee, 8 p.m.
San Antonio at Oklahoma City, 8 p.m.
Lake Erie at Rockford, 8:05 p.m.
Abbotsford at Chicago, 8:30 p.m.

Saturday's games

Houston at Toronto, 3 p.m.
Binghamton at Worcester, 7 p.m.
Albany at Bridgeport, 7 p.m.
Texas at Charlotte, 7 p.m.
Chicago at Grand Rapids, 7 p.m.
Rochester at Hamilton, 7 p.m.
Portland at Hershey, 7 p.m.
Providence at Manchester, 7 p.m.
Connecticut at Springfield, 7 p.m.
Adirondack at Norfolk, 7:15 p.m.
Wilkes-Barre/Scranton at Syracuse, 7:30 p.m.
Milwaukee at Peoria, 8 p.m.
Oklahoma City at San Antonio, 8 p.m.
Abbotsford at Rockford, 8:05 p.m.

SOCCER

Yesterday's results

(Home teams listed first)

ENGLAND

LEAGUE CUP

Quarter-finals

Manchester United 1 Crystal Palace 2 (OT)

EUROPA LEAGUE

Group A
Rubin Kazan (Rus.) 4 Shamrock Rovers (Ire.) 1
Tottenham (Eng.) 1 PAOK Thessaloniki (Gre.) 2
Group B
Standard Liege (Belg.) 2 Hannover (Germ.) 0
Vorskla Poltava (Ukr.) 1 FC Copenhagen (Den.) 1
Group C
Legia Warsaw (Pol.) 0 PSV Eindhoven (Neth.) 3
Rapid Bucharest (Rom.) 1 Hapoel Tel Aviv (Isr.) 3
Group G
Malmo (Sweden) 0 AZ Alkmaar (Neth.) 0
Metalist Kharkiv (Ukr.) 4 Austria Vienna (Aus.) 1
Group H
Braga (Port.) 1 Birmingham City (England) 0
Maribor (Slovenia) 3 FC Bruges (Belgium) 4
Group I
Celtic (Scotland) 0 Atletico Madrid (Spain) 1
Rennes (France) 0 Udinese (Italy) 0

NFL

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206
SOUTH						
	W	L	T	Pct	PF	PA
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327
NORTH						
	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216

WEST						
	W	L	T	Pct	PF	PA
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	5	0	.545	252	277
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222
SOUTH						
	W	L	T	Pct	PF	PA
New Orleans	8	3	0	.727	362	252
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305
NORTH						
	W	L	T	Pct	PF	PA
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295

WEST						
	W	L	T	Pct	PF	PA
San Francisco	9	2	0	.818	262	161
Seattle	4	7	0	.364	185	232
Arizona	4	7	0	.364	213	256
St. Louis	2	9	0	.182	140	270

WEEK 13

Tonight's game

All times Eastern

Philadelphia at Seattle, 8:20 p.m.

Sunday's games

Kansas City at Chicago, 1 p.m.
Atlanta at Houston, 1 p.m.
Denver at Minnesota, 1 p.m.
Carolina at Tampa Bay, 1 p.m.
Cincinnati at Pittsburgh, 1 p.m.
N.Y. Jets at Washington, 1 p.m.
Oakland at Miami, 1 p.m.
Tennessee at Buffalo, 1 p.m.
Indianapolis at New England, 1 p.m.
Baltimore at Cleveland, 4:05 p.m.
St. Louis at San Francisco, 4:15 p.m.
Dallas at Arizona, 4:15 p.m.
Green Bay at N.Y. Giants, 4:15 p.m.
Detroit at New Orleans, 8:20 p.m.

Monday's game

San Diego at Jacksonville, 8:30 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON — Named Bobby Valentine manager.
CHICAGO — Named Marco Paddy special as-
sistant to the general manager/internal oper-
ations.

DETROIT — Agreed to terms with INF Ramon
Santiago on a two-year contract.

KANSAS CITY— Added RHP Jonathan Broxton
to the 40-man roster. Designated INF Jeff
Bianchi for assignment.

NBA returns focus to basketball

► With free agency talk heating up and players set to return, attention shifts from courtroom to hardcourt

These are the kinds of negotiations NBA fans have been waiting for.

Teams began talking to agents yesterday as the lockout inched closer to its end, and basketball moved back into focus. Dwight Howard and Chris Paul were linked to trade speculation, while free agents such as Tyson Chandler and Nene were in the news after months of attorneys getting all the ink.

Now, the players are taking over and the league was set to reopen its facilities for workouts today.

Some may arrive out of shape, just as was the case in January 1999 after the NBA's only other shortened season. But they're

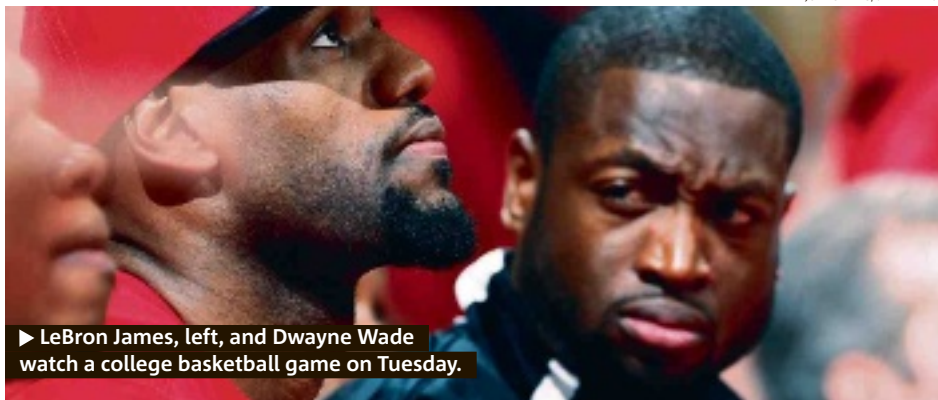
anxious to get back, with a little more than three weeks until they start playing games.

"The guys are going to come in and I'm sure they're going to be in good shape. They want to play," new Houston coach Kevin McHale told reporters.

"These guys have played basketball their entire lives. They love to play basketball and they're excited to get after it."

The league still hopes to open training camps and free agency next Friday, leaving both sides scrambling to get business finished in time.

The lawsuits have been settled, contingent upon the ratification of a new



► LeBron James, left, and Dwayne Wade watch a college basketball game on Tuesday.

collective bargaining agreement by Dec. 9. Players are in the process of collecting the signatures needed to approve the reformation of the union, which must be done before the sides can resume

bargaining on the remaining issues that must be settled before each side can vote.

NBA officials are working to complete a two-game exhibition schedule for each team that will

lead to a 66-game regular season, starting with a five-game slate on Christmas.

Philadelphia 76ers president Rod Thorn was working in the league office during the last lockout and knows how much work it

will take to stay on the schedule commissioner David Stern revealed after reaching a tentative agreement with the players early last Saturday.

"I definitely remember that time and how hectic it was on the NBA side," Thorn said. "If you think it was hectic over here, it was really hectic on that side."

Trying to make the process smoother, the NBA agreed to allow players to re-enter the buildings today. Coaches aren't allowed, but players can meet with the teams' training personnel and conduct unsupervised workouts.

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Crossword

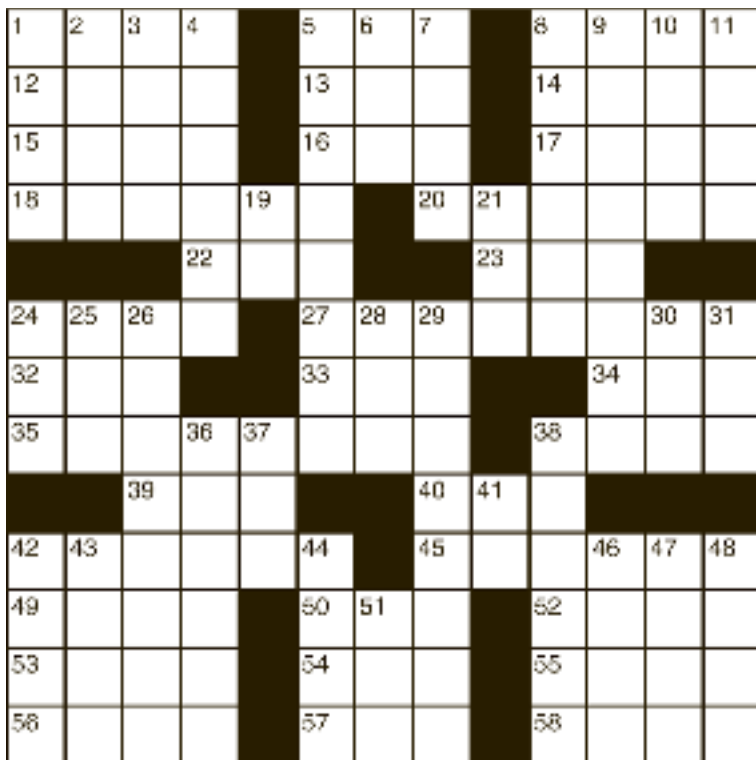
Across

1 Practice boxing
5 Has permission
8 Suspend
12 Mah-jongg piece
13 Yoko of music
14 By word of mouth
15 Surmounting
16 Kvetch
17 Shrek is one
18 Fancy French cake
20 Offer as an example
22 \$ dispenser
23 Comic DeLuise
24 Light bulb measure
27 Lengthwise and contiguous
32 Hearty quaff
33 "The Matrix" role
34 "There's — in team"
35 Huge
38 Norms (Abbr.)
39 GIs' entertainers
40 Work with
42 "The — of the Shrew"

45 Finicky cat in TV ads
49 Eye layer
50 Gorilla
52 Facility
53 German city
54 PC linking system
55 Cleo's river
56 Picnic invaders
57 "Guinness Book" suffix
58 Paradise

Down

1 Unescorted
2 Pocket bread

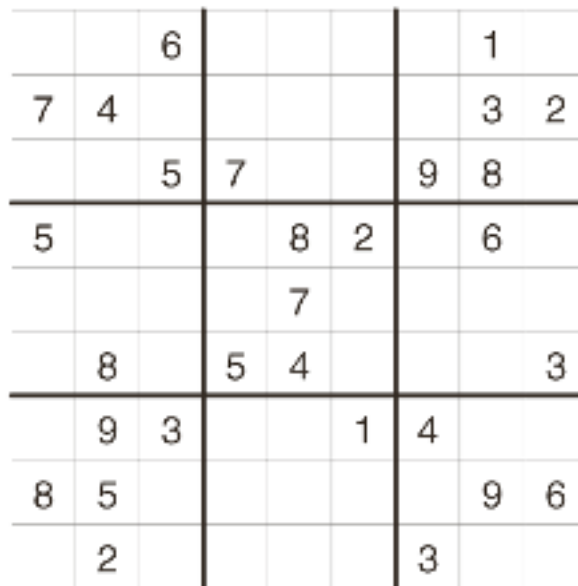


3 Greatly
4 Echo
5 Memorial building
6 Literary collection
7 Quiet exercise
8 Jinx
9 Fight
10 DEA worker
11 Jane Lynch's show
19 What @ means
21 Banned pesticide
24 Humorist
25 — Baba
26 Enveloping membrane
28 Verdi's "— giardin
del bello"
29 Paper
30 Affirmative action?
31 Insult (Sl.)
36 Easterners
37 "Smoking or —?"
38 Tranquil
41 Therefore
42 Big brass
43 Shakespeare's river
44 Strong wind
46 Incursion
47 Wight or Man
48 Witnessed
51 — de deus

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	7	4	3	9	2	5	8	6
6	3	9	4	8	5	1	7	2
8	2	5	6	7	1	3	4	9
7	1	3	2	4	8	8	9	5
5	4	6	9	1	7	2	3	8
9	8	2	5	6	3	4	1	7
3	9	1	7	5	8	8	2	4
2	5	7	8	3	4	9	6	1
4	6	8	1	2	9	7	5	3

Today



T/-5"
Partly cloudy

Friday



T/-7"
Flurries
80%

Know what the weather
will be 14 days from now.
Check the 14 day trend.

TWN incorporates MSC data

Today's horoscope

♈ Aries March 21-April 20 The only way you are going to realize your dream is to go your own way and do your own thing.

♉ Taurus April 21-May 21 If others try tell you that you will achieve more in the long-term by backing off, don't listen to them.

♊ Gemini May 22-June 21 Keep a sense of perspective today, especially when large sums of money could be up for grabs.

♋ Cancer June 22-July 22 Others will be very demanding over the next 24 hours. If you know what's good for you, do as they say.

♌ Leo July 23-Aug. 23 If you are unhappy with certain aspects of your life, especially work, now is the time to do something about it.

♍ Virgo Aug. 24-Sept. 22 You may have to postpone something you have been looking forward to, but you have promises to keep.

♎ Libra Sept. 23-Oct. 23 If you have been taking too much for granted on the home front, today will bring you back to earth.

♏ Scorpio Oct. 24-Nov. 22 Today, you will discover someone has deceived you. The signs were there from the beginning.

For today's crossword answers
and for expanded horoscopes,
go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Something that has been nagging at your mind for ages will suddenly make perfect sense.

♑ Capricorn Dec. 22-Jan. 20 You may need to talk tough with someone today. Let your charm smooth off the rough edges.

♒ Aquarius Jan. 21-Feb. 18 You've worked hard and are wondering when you will see a reward. Don't be so impatient. It'll come.

♓ Pisces Feb. 19-March 20 You will be proved right today. Don't make the person who was wrong feel small.

SALLY BROMPTON

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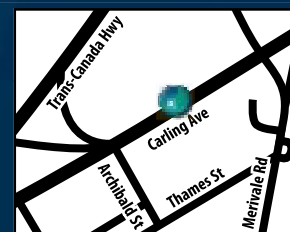
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